

NEW TITLE RELEASES

*January 2009–April 2009*

# HAY HOUSE

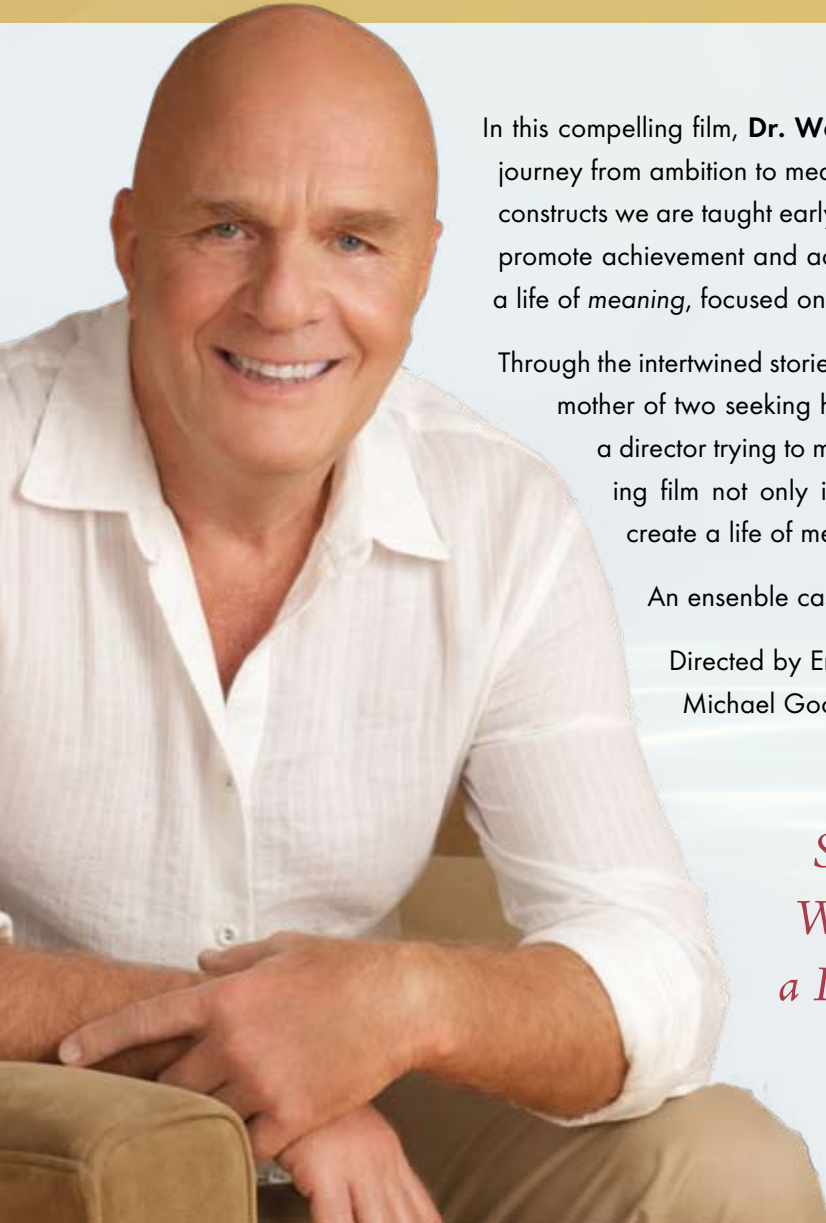
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Introducing the Newest Film, *Ambition  
to Meaning*, by Hay House Featuring

# DR. WAYNE W. DYER



In this compelling film, **Dr. Wayne W. Dyer** explores the spiritual journey from ambition to meaning. The powerful shift from the ego constructs we are taught early in life by parents and society—which promote achievement and accumulation—are shown in contrast to a life of *meaning*, focused on serving and giving back.

Through the intertwined stories of an overachieving businessman, a mother of two seeking her own expression in the world, and a director trying to make a name for himself, this entertaining film not only inspires, but also teaches us how to create a life of meaning and purpose.

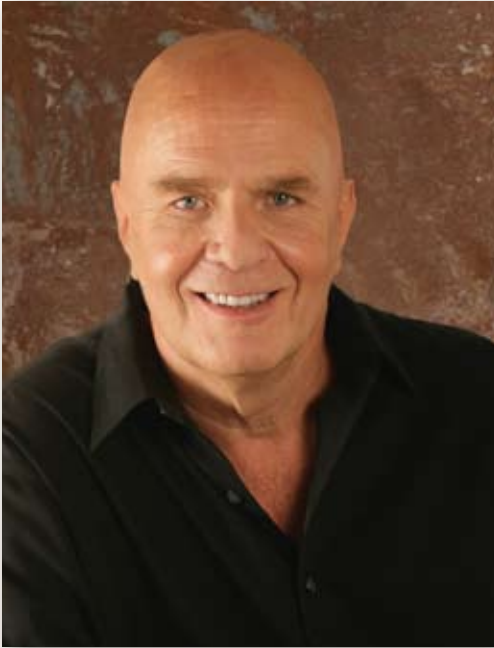
An ensemble cast including Portia De Rossi.

Directed by Emmy Award winner  
Michael Goorjian.

*See the Movie That  
Will Help You Create  
a Life of True Meaning  
and Purpose!*

Available January 12, 2009!  
**Ambition to Meaning**  
USA \$19.95 • CAN \$20.95 • UK £14.99  
DVD • 978-1-4019-2422-5

Available January 12, 2009!  
**Ambition to Meaning  
Expanded Version**  
USA \$29.95 • CAN \$30.95 • UK £15.99  
2-DVD • 978-1-4019-2423-2



## Ambition to Meaning

### Finding Your Life's Purpose

**DR. WAYNE W. DYER**

In this compelling film, **Dr. Wayne W. Dyer** explores the spiritual journey from ambition to meaning. The powerful shift from the ego constructs we are taught early in life by parents and society—which promote an emphasis on achievement and accumulation—are shown in contrast to a life of meaning, focused on serving and giving back.

Through the intertwined stories of an overachieving businessman, a mother of two seeking her own expression in the world, and a director trying to make a name for himself, this entertaining film not only inspires, but also teaches us how to create a life of meaning and purpose.

January 12, 2009  
USA \$19.95 • CAN \$20.95 • UK £14.99  
DVD • 978-1-4019-2422-5

**Print Run: 150,000**

**Marketing:** National TV Advertising—*The Ellen Show*, National Radio, Print and Internet Advertising.

**Rights:** World Rights

## Ambition to Meaning (Expanded Edition)

### Finding Your Life's Purpose

**DR. WAYNE W. DYER**

Includes Bonus Materials

January 12, 2009  
USA \$29.95 • CAN \$30.95 • UK £15.99  
DVD • 978-1-4019-2423-2

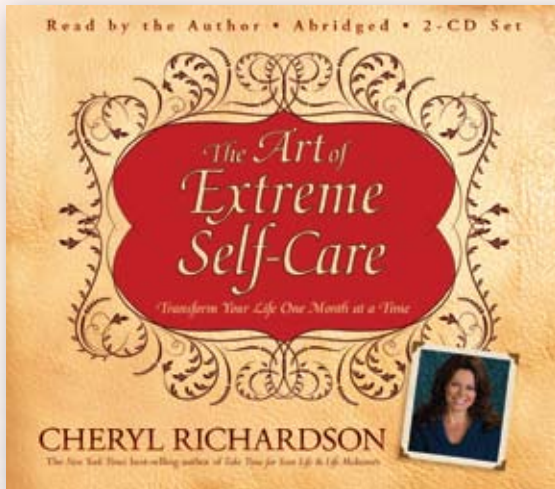
**Print Run: 150,000**

**Marketing:** National TV Advertising—*The Ellen Show*, National Radio, Print and Internet Advertising.

**Rights:** World Rights

**Wayne W. Dyer, Ph.D.**, is an internationally renowned author and speaker in the field of self-development. He's the author of more than 30 books, has created numerous audio programs and videos, and has appeared on thousands of television and radio shows. Wayne holds a doctorate in educational counseling from Wayne State University and was an associate professor at St. John's University in New York.

Website: [www.DrWayneDyer.com](http://www.DrWayneDyer.com)



January 2009

USA \$18.95 • CAN \$19.95 • UK £14.99  
2-CD Set • 978-1-4019-1830-9

**Print Run: 20,000**

**Marketing:** Appearance at I Can Do It!®;  
National TV, Radio, Print and Internet Advertising.

**Rights:** World English  
Spanish in the USA, its territories & Canada

## The Art of Extreme Self-Care

Transform Your Life  
One Month at a Time

**CHERYL RICHARDSON**

This abridged audio book by best-selling author **Cheryl Richardson** offers you 12 strategies to transform your life one month at a time. Designed as a practical, action-oriented program, each chapter challenges you to alter one behavior that keeps getting you in trouble.

The book is filled with personal stories of how Cheryl and others have learned to make the practice of Extreme Self-Care their new standard for living. With chapters such as "End the Legacy of Deprivation," "Take Your Hands off the Wheel," "The Absolute No List," and "Does That Anger Taste Good?" you will stop the endless cycle of self-betrayal and neglect that stems from daily violations of self-care.

### ALSO AVAILABLE:

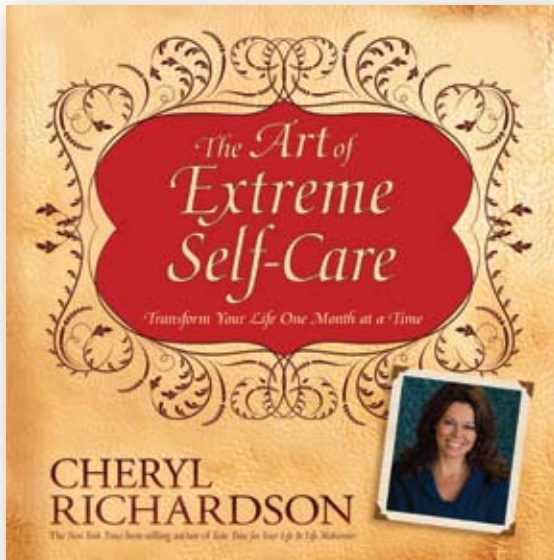


**Experience the Power of Grace**

Cheryl Richardson  
USA \$29.95 • CAN \$30.95 • UK £15.99  
6-CD Set • 1-4019-1114-5



**Cheryl Richardson** is the *New York Times* best-selling author of *Take Time for Your Life*, *Life Makeovers*, *Stand Up for Your Life*, and *The Unmistakable Touch of Grace*. She leads a large Web community at [www.cherylrichardson.com](http://www.cherylrichardson.com), which is dedicated to helping people around the world improve their quality of life.



January 2009  
 USA \$15.95 • CAN \$16.95 • UK £10.99  
 Hardcover • 8-1/4" x 8-1/4"  
 978-1-4019-1828-6

**Print Run: 50,000**

**Marketing:** Appearance at I Can Do It!®;  
 National TV, Radio, Print and Internet Advertising;  
 Online Marketing Campaign—Over 1 Million E-mails.

**Rights:** World English  
 Spanish in the USA, its territories & Canada

## The Art of Extreme Self-Care

Transform Your Life  
 One Month at a Time

CHERYL RICHARDSON

This life-changing handbook by best-selling author **Cheryl Richardson** offers you 12 strategies to transform your life one month at a time. Designed as a practical, action-oriented program, each chapter challenges you to alter one behavior that keeps getting you in trouble. The book is edgy and funny and filled with personal stories of how Cheryl and others have learned to make the practice of Extreme Self-Care their new standard for living.

With chapters like "Good Girl No More!" "Let Me Disappoint You," "The Absolute No List," and "Does That Anger Taste Good?" you will stop the endless cycle of self-betrayal and neglect that stems from daily violations of self-care.

Each chapter includes a relevant resource section that offers books, Websites, audio programs, podcasts, and more, should you want to explore a particular topic further. *The Art of Extreme Self-Care* is a sane and sensible program that gives you the permission you need to dramatically upgrade your life!

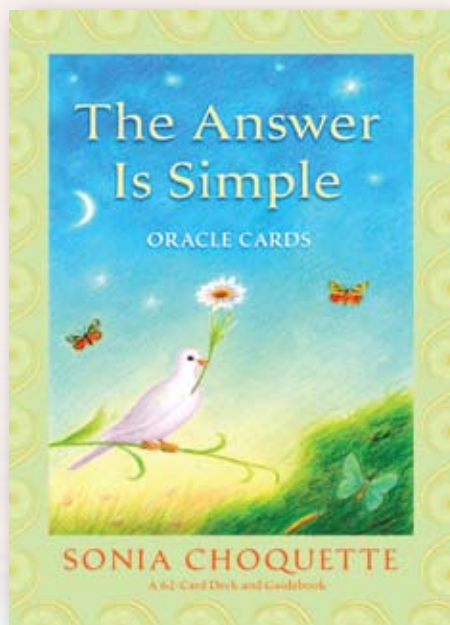
## ALSO AVAILABLE:



### Self-Care Cards

Cheryl Richardson  
 USA \$15.95 • CAN \$16.95 • UK £11.99  
 52-Card Deck • 1-56170-900-X

To order, call 800-654-5126, fax 800-650-5115,  
 or visit: [www.hayhouse.com](http://www.hayhouse.com)®



January 2009

USA \$15.95 • CAN \$16.95 • UK £11.99  
62-Card Deck • 978-1-4019-1733-3

**Print Run: 20,000**

**Marketing:** National Author Lecture Tour Including I Can Do It!®; National Radio, Print and Internet Advertising.

**Rights:** World Rights

## ALSO AVAILABLE:



**The Answer is Simple . . .  
Love Yourself, Live Your Spirit!**  
Sonia Choquette  
USA \$19.95 • CAN \$20.95  
Hardcover • 5-3/8" x 8-3/8"  
978-1-4019-1736-4

## The Answer Is Simple Oracle Cards

SONIA CHOQUETTE

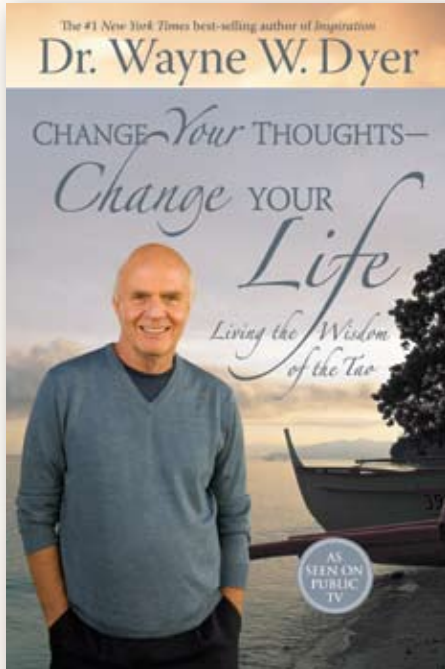
These oracle cards provide immediate access to your Divine Spirit, where you receive specific guidance for any and all challenges facing you in life. Each card not only offers direction for particular problems, it also reinforces the path to your Higher Self, freeing you from the turbulence and fear of the ego plane. You can use this deck (and the accompanying guidebook) for specific direction, meditation, and life and purpose readings and to offer guidance to others; as well as to connect to your Divine Self, where drama and stress give way to joy and inner peace.

**Sonia Choquette** is a world-renowned author, storyteller, vibrational healer, and six-sensory spiritual teacher in international demand for her guidance, wisdom, and capacity to heal the soul.

She's the author of several best-selling books, including *Ask Your Guides*, *Trust Your Vibes*, and *Soul Lessons and Soul Purpose*; and numerous audio programs and card decks. Sonia was educated at the University of Denver and the Sorbonne in Paris, and holds a Ph.D. in metaphysics from the American Institute of Holistic Theology. She resides with her family in Chicago.

Website: [www.soniachoquette.com](http://www.soniachoquette.com)





January 2009  
 USA \$16.95 • CAN \$17.95 • UK £9.99  
 Tradepaper • 6" x 9"  
 978-1-4019-1750-0

**Print Run: 150,000**

**Marketing:** Multi-City Author Tour Including I Can Do It!®; National Radio, Print and Internet Advertising; PBS Special Continues.

**Rights:** World Rights

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## **Change Your Thoughts— Change Your Life**

**Living the Wisdom of the Tao**

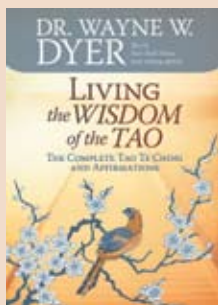
**DR. WAYNE W. DYER**

**Dr. Wayne W. Dyer** has reviewed hundreds of translations of the Tao Te Ching. In this book, he has written 81 distinct essays on how to apply the ancient wisdom of Lao-tzu to today's modern world. This work contains all 81 verses of the Tao, compiled from Wayne's researching of ten of the most well-respected translations of the text, which has survived for more than 25 centuries.

Wayne spent one entire year reading, researching, and meditating on Lao-tzu's messages, practicing them each day and ultimately writing down these insights as he felt Lao-tzu wanted you to know them.

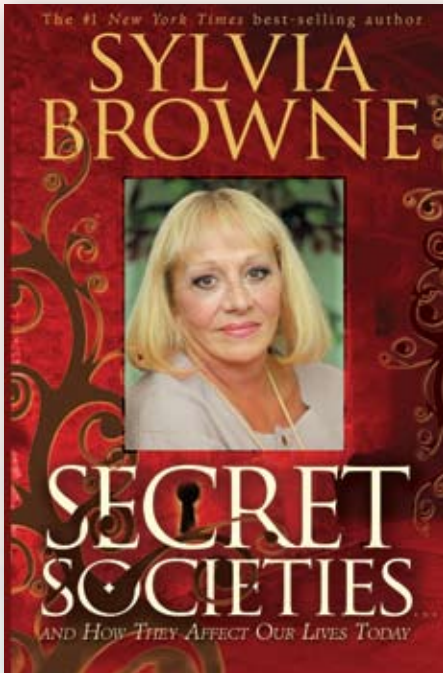
This is a work to be read slowly, one verse a day. As Wayne says, "This is a book that will forever change the way you look at your life, and the result will be that you'll live in a new world aligned with nature. I'm so proud to present this interpretation of the Tao Te Ching, and offer you the same opportunity for change that it has brought me."

## **ALSO AVAILABLE:**



**Living the Wisdom of the Tao**  
 Dr. Wayne W. Dyer  
 USA \$9.95 • CAN \$10.95 • UK £6.99  
 Tradepaper • 978-1-4019-2149-1

Listen to Dr. Wayne W. Dyer Every Monday on **HayHouseRadio.com**®



**Now Available in Tradepaper!**  
**Secret Societies . . .**  
**and How They Affect Our Lives Today**

**SYLVIA BROWNE**

Following in the footsteps of her best-selling *Secrets & Mysteries of the World*, **Sylvia Browne** now writes about the clandestine realm of secret societies. Sylvia's research, combined with her amazing communication with her spirit guide Francine, has revealed the fact that many covert organizations affect the lives of each of us every day. She shares her knowledge of the conspiracies, cover-ups, misinformation, and power manipulations of these groups in both the past and present, as well as how they can affect us now and in the future.

Sylvia explores it all, and even offers information on a powerful underground group that no one has heard about. She alerts us to those associations that have good intentions, those that do not, and those that we must keep our eyes on.

January 2009  
 USA \$14.95 • CAN \$15.95 • UK £9.99  
 Tradepaper • 5-3/8" x 8-3/8"  
 978-1-4019-1676-3

**Print Run: 75,000**

**Marketing:** National Author Lecture Tour Including I Can Do It!® and Canada. National Radio, Print and Internet Advertising.

**Rights:** World Rights

**ALSO AVAILABLE:**

**Mystical Traveler**  
 Sylvia Browne  
 USA \$22.95 • CAN \$23.95 • UK £13.99  
 Hardcover • 6" x 9"  
 978-1-4019-1861-3

**Sylvia Browne** is the #1 *New York Times* best-selling author and world-famous psychic medium who has appeared on *The Montel Williams Show* and *Larry King Live*, as well as making countless other media and public appearances. With her down-to-earth personality and great sense of humor, Sylvia thrills audiences on her lecture tours and still has time to write numerous immensely popular books. She has a master's degree in English literature and plans to write as long as she can hold a pen.

Sylvia is the president of the Sylvia Browne Corporation; and is the founder of her church, the Society of Novus Spiritus, located in Campbell, California. Please contact her at: [www.sylvia.org](http://www.sylvia.org), or call **(408) 379-7070** for further information about her work.



January 2009  
 USA \$8.95 • CAN \$9.95 • UK £6.99  
 Tradepaper • 4" x 6"  
 978-1-4019-1851-4

**Print Run: 30,000**

**Marketing:** Multi-City Author Tour Including I Can Do It!®, National Radio, Print and Internet Advertising.

**Rights:** World Rights

## ALSO AVAILABLE:



**Daily Guidance from Your Angels**  
 Doreen Virtue  
 USA \$25.95 • CAN \$26.95 • UK £13.99  
 Gift Tradepaper Edition • 6" x 9"  
 978-1-4019-1716-6

## Signs from Above

Your Angels' Messages about Your Life Purpose, Relationships, Health, and More

**DOREEN VIRTUE AND CHARLES VIRTUE**

Your guardian angels are continually giving you messages, frequently through signs, such as seeing rainbows, repetitive number sequences, finding coins or feathers, and hearing meaningful songs.

In this fascinating book, **Doreen Virtue** and her son **Charles** teach you how to understand the signs that are always around you. You'll gain comfort from reading true stories of how angels have answered prayers by giving clear signs revealing their love and protection. You'll also learn how to ask the angels for signs, along with specific prayers for your relationships, career, health, and other vital areas of your life.



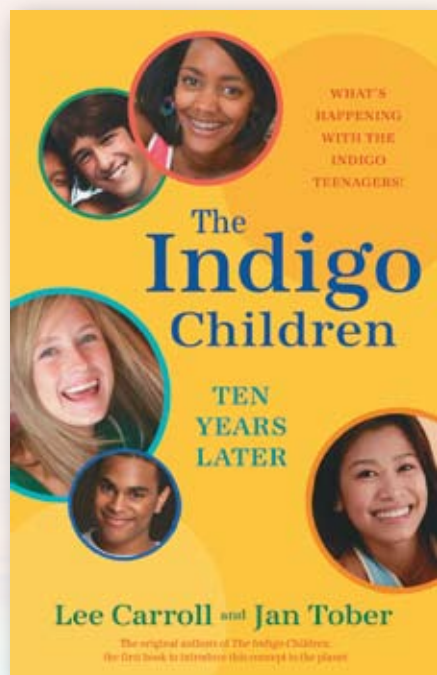
ANGEL THERAPY®

**Doreen Virtue** holds B.A., M.A., and Ph.D. degrees in counseling psychology; and is a lifelong clairvoyant who works with the angelic realm. She's the author of *Archangels & Ascended Masters* and *Healing with the Angels*, among other works. Doreen has appeared on *Oprah*, *The View*, *Good Morning America*, CNN, and other programs; she presents workshops around the world; and she also has a weekly call-in talk show on **HayHouseRadio.com®**.

Website: [www.AngelTherapy.com](http://www.AngelTherapy.com)®

**Charles Virtue** is the eldest son of Doreen Virtue, and a teacher of *Working with Your Angels*. Charles has always placed high emphasis on the power of thoughts, and how they are created into reality. After working with and around his mother, Doreen, and her certification classes for more than seven years, Charles now teaches his own classes throughout the world.





January 2009

USA \$14.95 • CAN \$15.95 • UK £9.99

Tradepaper • 5-3/8" x 8-3/8"

978-1-4019-2317-4

**Print Run: 30,000**

**Marketing:** National Radio, Print and Internet Advertising.

**Rights:** World Rights

## ALSO AVAILABLE:



### **The Indigo Children**

Lee Carroll and Jan Tober

USA \$13.95 • CAN \$14.95 • UK £9.99

Tradepaper • 5-3/8" x 8-3/8"

1-56170-608-6

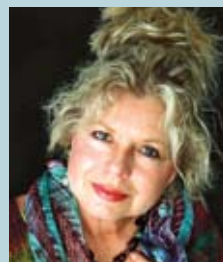
## The Indigo Children Ten Years Later What's Happening with The Indigo Teenagers!

**LEE CARROLL AND JAN TOBER**

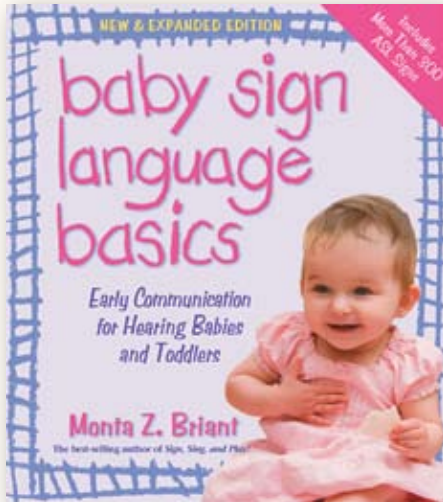
This book is all about the children of our planet, what really might be happening with them, why they do what they do, and what we can do to help them and our educators survive all this. In addition, the Indigos are slowly beginning to join the workforce (gasp)!

Join **Lee Carroll** and **Jan Tober**, the authors of *The Indigo Children*, for a profound and frank discussion of this topic ten years later. After all this time, what do some in higher education say about these kids? What do industry leaders say? Humanity is evolving, so you should definitely be aware of what these individuals are saying.

It's time to stop the circus that has been created around this subject and get down to finding out how to help these children survive an earth they don't understand . . . or perhaps it's just you they don't understand. . . . Join the leaders of education and industry who speak out in this book for a peek into the real issues surrounding the Indigos, and perhaps the future of humanity!



**Lee Carroll** and **Jan Tober**, the authors of *The Indigo Children* and *An Indigo Celebration*, speak before thousands of seminar attendees worldwide on human enablement and empowerment. Lee has authored numerous books that have been translated into multiple languages; and Jan is an accomplished writer and musician. You can contact them via their Website: [www.indigochild.com](http://www.indigochild.com).



January 2009  
 USA \$11.95 • CAN \$12.95 • UK £7.99  
 Tradepaper • 5-3/4" x 6-1/2"  
 978-1-4019-2160-6

**Print Run: 30,000**

**Marketing:** National Radio, Print and Internet Advertising. Over 173,000 Sold of the previous edition.

**Rights:** World Rights

## New & Expanded Edition!

### Baby Sign Language Basics

Early Communication for  
 Hearing Babies and Toddlers

MONTA Z. BRIANT

Since 2004, *Baby Sign Language Basics* has introduced hundreds of thousands of families and educators around the world to the miracle of signing with their babies—and left them wanting *more!*

Now in this new, bigger edition, **Monta Briant** provides more than 300 American Sign Language (ASL) signs, illustrated with the same clear, easy-to-understand photos and descriptions. Baby-specific signing techniques, songs, and games are also included to make learning fun and open up two-way communication quickly.

This book is a must-read for all parents, grandparents, and anyone else who spends time with preverbal children. After all, what parent or caregiver *doesn't* want to know what their baby is trying to tell them?

## ALSO AVAILABLE:



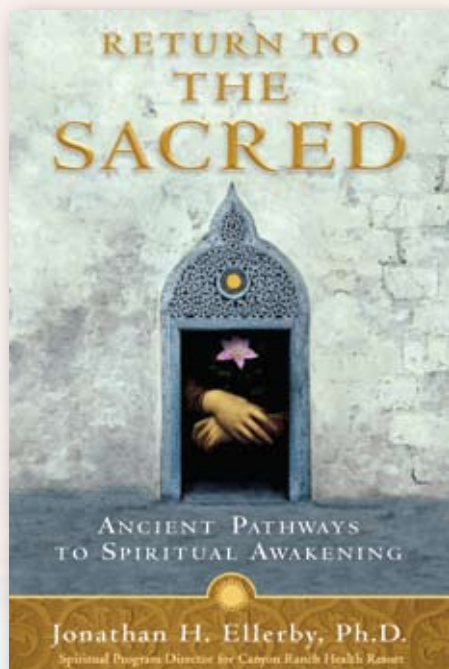
### Songs for Little Hands

Monta Z. Briant and Susan Z.  
 USA \$12.95 • CAN \$13.95 • UK £7.99  
 Tradepaper book-with-CD • 5-3/4" x 6-1/2"  
 978-1-4019-1797-5

**Monta Z. Briant** is the best-selling author of *Sign, Sing, and Play!* and teaches workshops and parent-tot signing classes in San Diego, California. She's also available for speaking engagements. Monta is a member of the Sign2Me™ Presenters' Network and can be reached at [Monta@babysignlanguage.net](mailto:Monta@babysignlanguage.net). For class schedules and other information, please visit: [www.babysignlanguage.net](http://www.babysignlanguage.net).



To order, call 800-654-5126, fax 800-650-5115,  
 or visit: [www.hayhouse.com](http://www.hayhouse.com)®



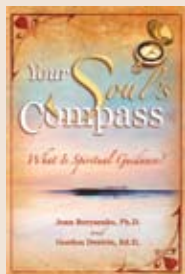
January 2009  
 USA \$24.95 • CAN \$25.95  
 Hardcover • 6" x 9"  
 978-1-4019-2155-2

**Print Run:** 20,000

**Marketing:** National Radio, Print and Internet Advertising.

**Rights:** World Rights

## OF RELATED INTEREST:



**Your Soul's Compass**  
 Joan Z. Borysenko, Ph.D. and  
 Gordon Dveirin, Ed.D.  
 USA \$24.95 • CAN \$25.95  
 Hardcover • 6" x 9"  
 978-1-4019-0776-1

## Return to the Sacred

### Ancient Pathways to Spiritual Awakening

JONATHAN H. ELLERBY, PH.D.

*Return to the Sacred* is an extraordinary guide to spiritual practice and development. Spanning many cultures and generations, it simplifies spirituality and shows how necessary it is for achieving a life of balance, peace, and connection. More than philosophy and inspiration, this is a handbook comprising time-tested tools that will help you discover your own wisdom, power, and peace. You'll be introduced to the spiritual experiences and sacred practices that have transformed the lives of countless saints, mystics, masters, and sages since the beginning of history.

Within this fascinating work, you'll also find guidance on how to navigate the pitfalls and practical issues that come up as you progress on your path—in fact, you'll discover that there are some sections you'll want to return to again and again as you embark on a lifelong journey of profound transformation.

**Jonathan Ellerby, Ph.D.**, has dedicated more than 20 years of his life to the personal, professional, and academic exploration of spirituality, healing, and consciousness.

Throughout his journey, he has traveled the world to meet and study with spiritual teachers from more than 40 cultural traditions. Jonathan has a doctoral degree in comparative religion and has worked as a healer, teacher, and consultant for individuals and groups in settings as diverse as hospitals, major corporations, prisons, community groups, conferences, and some of the world's leading holistic-health resorts. His work and training have taken him into the worlds of indigenous healing, corporate culture, and integrative medicine. Currently, he is the Spiritual Program Director for the acclaimed Canyon Ranch Health Resort in Tucson, Arizona.



To order, call 800-654-5126, fax 800-650-5115,  
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January 2009  
 USA \$18.95 • CAN \$19.95 • UK £14.99  
 65-Card Deck • 978-1-4019-1866-8

**Print Run: 20,000**

**Marketing:** Multi-City Author Tour Including I Can Do It!®; National TV, Radio, Print and Internet Advertising.

**Rights:** World Rights

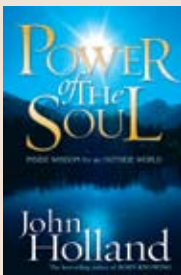
## The Psychic Tarot Oracle Deck

JOHN HOLLAND

The 65 beautifully illustrated cards in this deck will create a powerful bridge between your psychic abilities and the ancient knowledge and meanings of the tarot; and will help you develop intuitive insights about all areas of life, including love and relationships, business matters, and even career changes.

This fascinating deck will work for you whether you're a novice or are already in tune with your psychic abilities. In the accompanying guidebook, psychic medium **John Holland** imparts techniques that he's practiced himself and taught in his workshops, relating to colors, symbology, shapes, words, card spreads, divination, numerology, energy centers, imagination, and more. By using the cards, you'll be able to incorporate John's techniques when you do a tarot reading for yourself or others.

### ALSO AVAILABLE:



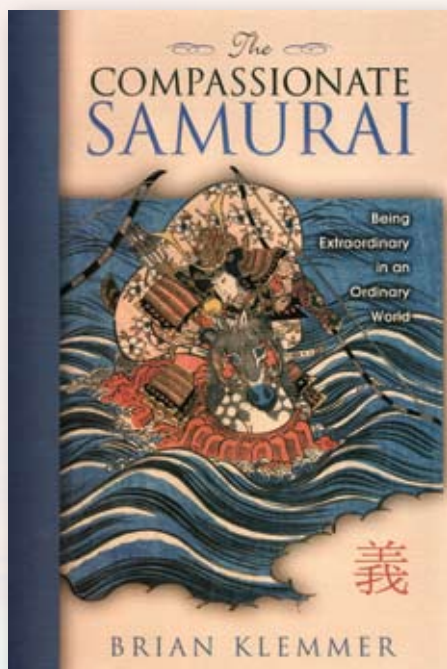
**Power of the Soul**  
 John Holland  
 USA \$14.95 • CAN \$15.95 • UK £9.99  
 Tradepaper • 6" x 9"  
 978-1-4019-1086-0



**John Holland**, the author of *Born Knowing*, *Psychic Navigator*, *101 Ways to Jump-Start Your Intuition*, and *Power of the Soul*, is an internationally renowned psychic medium who's been lecturing, demonstrating, and reading for private clients for almost two decades. He has devoted his life to spirit and continued personal development; and receives his greatest rewards when he's able to bring peace, comfort, healing, and closure by helping people connect to the Other Side.

John's signature workshops that teach us to look *within* for answers have become a popular trademark with audiences throughout North America, Australia, and Europe. He has been featured on The History Channel's *Psychic History*, *Unsolved Mysteries*, *Extra*, and the A&E special *Mediums: We See Dead People*. He also has a popular weekly call-in radio show, "Spirit Connections," on **HayHouseRadio.com**®.

Listen to John Holland Every Monday on **HayHouseRadio.com**®



January 2009

USA \$15.95 • CAN \$16.95 • UK £10.99

Tradepaper • 6" x 9"

978-1-4019-2045-6

**Print Run: 20,000**

**Marketing:** National Radio, Print and Internet Advertising.

**Rights:** World Rights

**Now Available in Tradepaper!  
Hardcover #1 Wall Street  
Journal Bestseller**

## The Compassionate Samurai Being Extraordinary in an Ordinary World

**BRIAN KLEMMER**

In life there are two types of people. The first are those who are nice, good-hearted, and compassionate but can't make much happen. The other kind can make *everything* happen—they're the creators, the go-getters, and the aggressive producers in society—however, they're often self-centered, greedy, and unethical.

Wouldn't it be great if you could make things happen in a really big way but not lose your integrity? *The Compassionate Samurai* will show you the way to produce extraordinary results in a dog-eat-dog world and still maintain the highest levels of ethics.

You'll learn: the way to always be satisfied and motivated regardless of your circumstances; why all people have freedom but very few have liberty; what competing commitments are and the ways they prevent you from having what you want in life; the secret to operating optimally in an untrustworthy environment; ways to make the shift from scarcity to abundance even if you're knee-deep in debt . . . and much, much more!

### OF RELATED INTEREST:



**Change Your Thoughts—  
Change Your Life**

Dr. Wayne W. Dyer

USA \$16.95 • CAN \$17.95 • UK £9.99

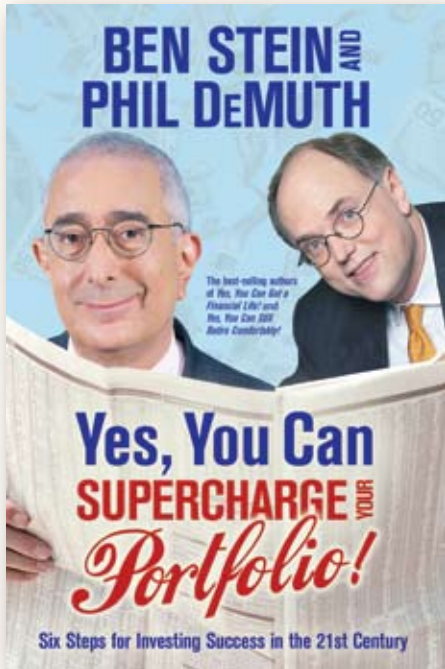
Tradepaper • 6" x 9"

978-1-4019-1750-0

**Brian Klemmer**, a graduate of the United States Military Academy, is a best-selling author and highly respected speaker and seminar leader. His company, Klemmer & Associates Leadership Seminars, Inc., has worked with hundreds of thousands of people throughout the world, helping them produce measurable and long-lasting changes in their lives. Brian's clients include Aetna Life Insurance, American Suzuki Corporation, General Electric, Walt Disney Attractions, and a dozen network-marketing and direct-sales companies.



**To order, call 800-654-5126, fax 800-650-5115,  
or visit: [www.hayhouse.com](http://www.hayhouse.com)<sup>®</sup>**



January 2009  
 USA \$14.95 • CAN \$15.95 • UK £9.99  
 Tradepaper • 6" x 9"  
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**Print Run:** 25,000

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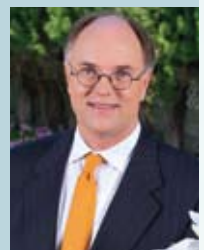
With their trademark wit, **Ben Stein** and **Phil DeMuth** show you how your current portfolio may be radically underdiversified, costing you money. They offer step-by-step instructions to supercharge it across a variety of investment situations to get you the best risk-adjusted returns.

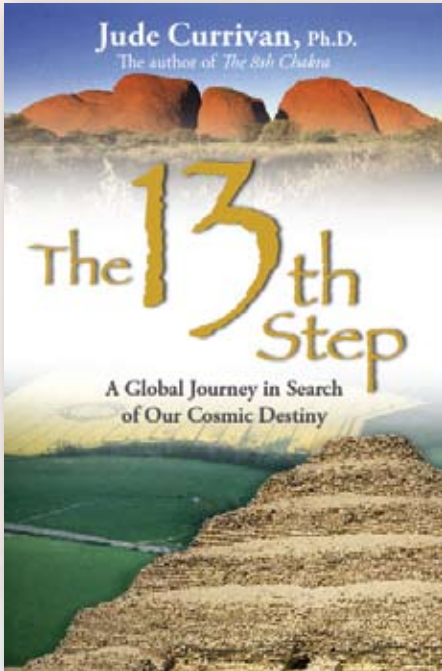
**Ben Stein** can be seen talking about finance on Fox TV news every week and writing about it regularly in *The New York Times* Sunday Business section. He has written about finance for *Barron's* and *The Wall Street Journal* for decades. He was one of the chief busters of the junk-bond frauds of the 1980s, has been a longtime critic of corporate executives' self-dealing, and has co-written eight self-help books about personal finance. He frequently travels the country speaking about finance in both serious and humorous ways, and is a regular contributor to the *CBS News Sunday Morning* and Fox News Network.

Website: [www.benstein.com](http://www.benstein.com)



**Phil DeMuth** has written for *The Wall Street Journal*, *Barron's*, the *Louis Rukeyser Newsletter*, the *Journal of Financial Planning*, and **Forbes.com**, as well as *Human Behavior* and *Psychology Today*. His opinions have been quoted in **theStreet.com**, *Yahoo! Finance*, *On Wall Street*, and *Fortune* magazine; and he has been profiled in *Research* magazine and seen on *Forbes on Fox* and *Wall Street Week*. He is managing director of Conservative Wealth Management LLC in Los Angeles, a registered investment advisor to high-net-worth individuals, institutions, and foundations. Website: [www.phildemuth.com](http://www.phildemuth.com)





## The 13th Step

### A Global Journey in Search of Our Cosmic Destiny

JUDE CURRIVAN, PH.D.

In 1998, scientist, healer, and mystic **Jude Currivan** heard an inner message—a call to undertake a global quest that would transform her life and take her and her fellow travelers on an inner and outer odyssey that would ultimately reveal our hidden heritage and cosmic destiny. The initial intention of this journey was to activate the healing energies of 12 ancient Lemurian artifacts around the earth to support the collective shift of awareness prophesied for 2012. But an even deeper purpose began to unfold. . . .

The native elders of indigenous traditions around the world say that in these momentous times, “we are the ones we have been waiting for.” As did the heroes of mythology, we are now about to embark on a spiritual quest to remember the wholeness of who we really are. The 12 activations and the opening of a galactic portal were completed during the December solstice of 2003, but in 2006 a further call heralded a 13th healing journey.

As we approach 2012 and experience the birth pangs of a new age, Jude shares an inspirational message of hope and reconciliation. She offers an empowering call for every one of us to embody our own divinity and fulfill our highest purpose as the heroes of this transformation.

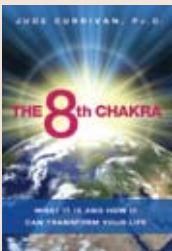
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**Jude Currivan**, the author of *The 8th Chakra* and *The Wave*, is a healer, cosmologist, and mystic who has experienced multidimensional realities and guidance from early childhood. She holds a Ph.D. in archaeology, researching ancient cosmologies, and a master’s degree in physics, specializing in cosmology and quantum theory. She has worked with the wisdom keepers of many spiritual traditions, and having been a high-powered businesswoman in the past, she brings a well-grounded practicality to her work. She educates and advises worldwide to empower others, raise consciousness, and facilitate wholeness on personal and collective levels.

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Enchanting Stories of True-Life Guardian Angels and "Sixth Sense" Abilities in Children

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This delightful book reveals the amazing encounters that children have with their guardian angels and loved ones on the Other Side, as well as fascinating insights into the lives of psychic children . . . and the parents who have to cope with this phenomenon. As you read, you'll discover:

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- Young children who remember a life before they were born.
- The mother who lost a son who was later reborn as her grandson.
- The thousands of brilliant children whom the authorities have labeled as "learning disabled."

Thousands of children the world over are being born with enhanced sixth-sense abilities. Psychic kids are the new "normal"!

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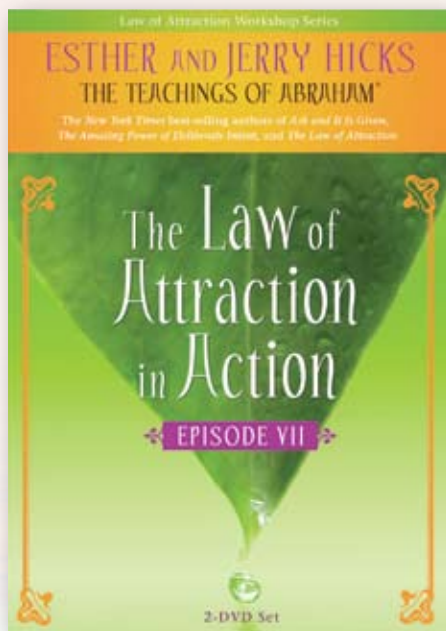
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**Jacky Newcomb** is one of the United Kingdom's leading angel experts and the author of the hugely popular book *Angels Watching Over Me*. She is a regular newspaper and magazine columnist and appears regularly on TV.

Website: [www.jackynewcomb.com](http://www.jackynewcomb.com)



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## The Law of Attraction in Action, Episode VII

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*"Within the seed of your desire is everything necessary for it to blossom to fulfillment."*

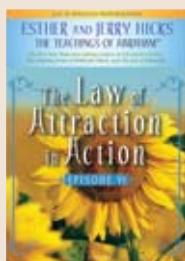
– Abraham

Continuing their new inspirational DVD series, **Esther** and **Jerry Hicks** present the teachings of the Non-Physical entity Abraham, whom Esther calls "infinite intelligence" and Jerry refers to as "the purest form of love I've ever encountered." The Law of Attraction is never more evident than in the pulse of an Abraham-Hicks Workshop. And this is another one of their best, so sit back, relax, allow, and attract.

See Abraham in action onstage before a live audience as they offer infinite wisdom on a wide range of topics everyone can relate to, including long-term committed relationships, why Indigo children are unique, why we spend so much time feeling angry, how to interpret dreams, sex just for the fun of it, and more!

Plus, this DVD also features the deliciously detailed story of how Esther and Jerry came to know Abraham.

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Esther and Jerry Hicks  
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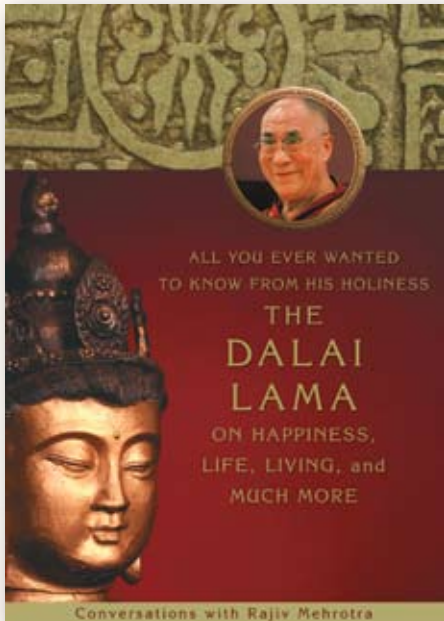
**Esther** and **Jerry Hicks**, the *New York Times* best-selling authors of *Ask and It Is Given*, *The Amazing Power of Deliberate Intent*, *The Astonishing Power of Emotions*, and *The Law of Attraction*, among other works, produce the



the Leading Edge Abraham-Hicks teachings on the art of allowing our natural Well-Being to come forth. While presenting *Law of Attraction* workshops in up to 60 cities per year, the Hickses have now published more than 700 Abraham-Hicks books, CDs, and DVDs.

Website: [www.abraham-hicks.com](http://www.abraham-hicks.com)

Listen to Esther and Jerry Hicks Every Tuesday on **HayHouseRadio.com**<sup>®</sup>



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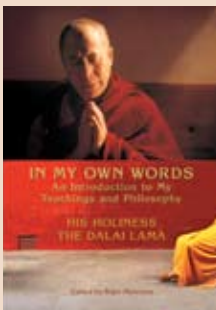
## All You Ever Wanted to Know from His Holiness the Dalai Lama on Happiness, Life, Living, and Much More

CONVERSATIONS WITH RAJIV MEHROTRA

This remarkable book is an edited compilation of mostly personal conversations spanning nearly 20 years between the Dalai Lama and **Rajiv Mehrotra**, one of his early disciples who's now a trustee and the secretary of the Foundation for Universal Responsibility, which was established with the funds from the Nobel Peace Prize. Here, the Dalai Lama is a teacher to a spiritual aspirant; a divine master and a temporal leader; an ambassador for Tibet and a lovable guru-philosopher to the whole world; a practitioner of the 2,500-year-old teachings of Buddhism; a Tibetan Buddhist and an interfaith ambassador; and an intense practitioner of mind-training and an inveterate optimist. His multiple hats may appear contradictory at times, but he balances them all, living his life with ease and happiness.

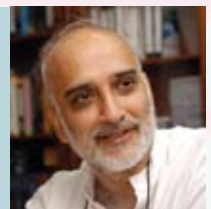
Within these pages, the Dalai Lama's disarming candor, his deep empathy for his student's quest, and his wisdom—garnered not just from texts and scriptures, but also from an active engagement with life—offer invaluable insights to us all on how we may find true happiness in our lives.

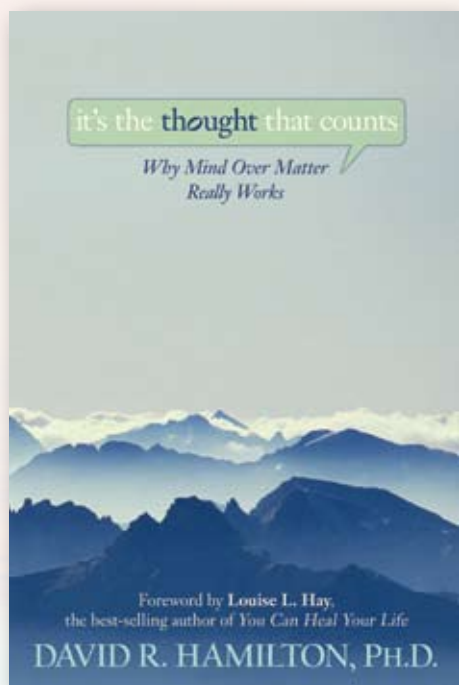
## ALSO AVAILABLE:



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**Rajiv Mehrotra** has been a personal student of the Dalai Lama for more than 20 years. He's the secretary and a trustee of the Foundation for Universal Responsibility, established by His Holiness the Dalai Lama. He has been a judge for the Templeton Prize for Religion and has addressed plenary sessions of the World Economic Forum, which elected him a Global Leader of Tomorrow. His books include *The Mind of the Guru*, *Understanding the Dalai Lama*, and *Thakur*, a biography of the mystic Sri Ramakrishna. In addition, he hosts India's longest-running talk show on public television.





## It's the Thought That Counts Why Mind Over Matter Really Works

DAVID R. HAMILTON, Ph.D.

When pharmaceutical scientist **David R. Hamilton** observed the results of tests on new drugs, he noticed that patients receiving control placebo pills reported the same level of improvement as those receiving the actual drug. Seeing this result repeat itself time and time again, he became fascinated by the mind-body connection and started to research the work of scientists, mystics, and healers working in this field.

The result is this groundbreaking book, in which David explains how the mind and emotions can influence the well-being of your body and even the structure of your DNA.

You'll learn about: the physical impact of meditation, why sending healing thoughts to a person in need is so beneficial, the power of love and its impact on body cells, and all the many ways in which your thoughts affect you.

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**David R. Hamilton** earned a Ph.D. in organic chemistry and subsequently worked as a scientist in the pharmaceutical industry. His research into the mind-body connection ultimately led him to leave that profession and become a motivational speaker. He went on to co-found an international relief charity, and he appears regularly in the media.

Website: [www.drdauidhamilton.com](http://www.drdauidhamilton.com)



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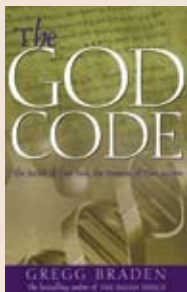


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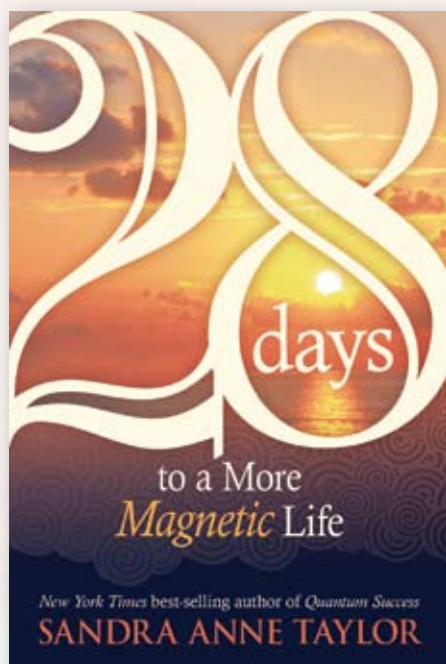
GREGG BRADEN

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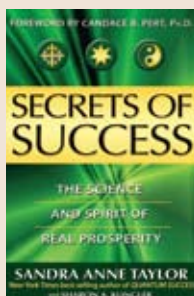
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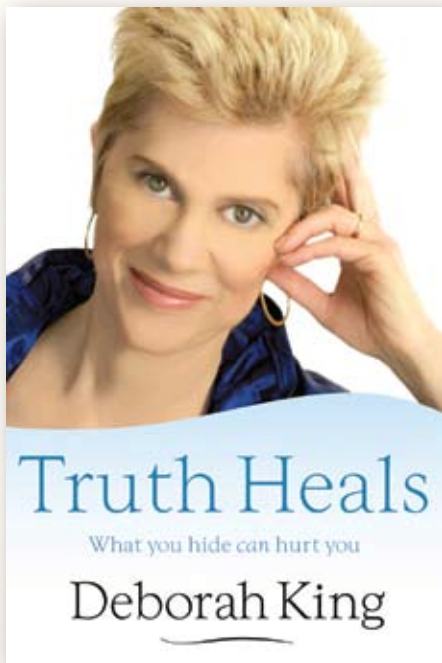
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**Sandra Anne Taylor**, the *New York Times* best-selling author of *Secrets of Success*, *Quantum Success*, and *Secrets of Attraction*, speaks internationally on the power of consciousness and personal energy. Her books have been published in 17 languages and dozens of countries throughout the world.

Websites: [www.sandrataylor.net](http://www.sandrataylor.net) and [www.starbringerassociates.com](http://www.starbringerassociates.com)



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## Truth Heals

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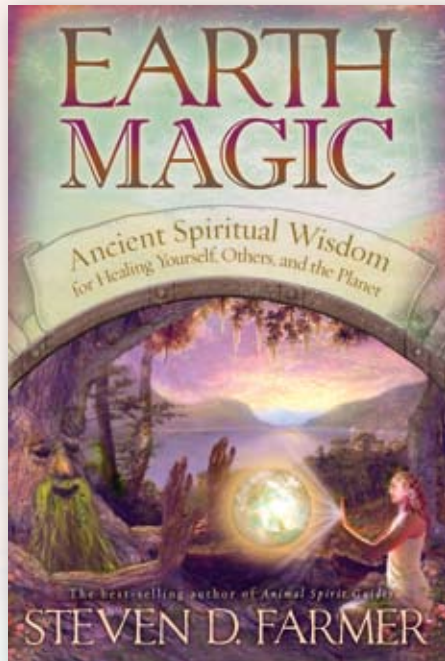
DEBORAH KING

Millions of us live with chronic and debilitating pain or disease, and sadly, that number is growing every day. In *Truth Heals*, **Deborah King** explores the relationship between the suppression of truth and how this later manifests into pain or illness. Using her years of experience as an expert healer, King creates a road map for people to learn how to recognize and release emotional blockages, share truth in a safe and healing manner, and unlock the power of truth without reliving negative experiences or causing more harm. Through client histories, celebrity profiles, and her own remarkable journey, the author demonstrates how anyone can release deep-seated layers of denial, fear, and anger in order to heal the mind and body.

**Deborah King** is a recognized health and wellness expert, an attorney, a frequent guest on CNN, Fox News, and other major media, a blogger for *The Huffington Post*, and a national keynote speaker. She looks at the inner world of the people making headlines and comments on why they do the things they do.

Deborah's life was radically changed when, at the age of 25, she was diagnosed with cancer. At the time, she was a successful corporate attorney and hotel developer who was suppressing a traumatic past. Her diagnosis eventually led to her departure from the corporate arena for the alternative health field. She went on to train in ancient and modern healing systems, ultimately developing a powerful technique of her own. Today she guides thousands to recovery in workshops across the country.

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## Earth Magic

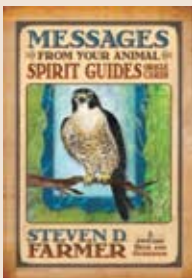
**Ancient Spiritual Wisdom for Healing Yourself, Others, and the Planet**

**STEVEN D. FARMER**

In *Earth Magic*, Steven Farmer offers a unique synthesis of ancient spiritual practices and philosophies that have proven over millennia to help heal the spiritual causes of physical and emotional illnesses, augment personal power, enhance manifestation abilities, and encourage a balanced and harmonious relationship with our Earth.

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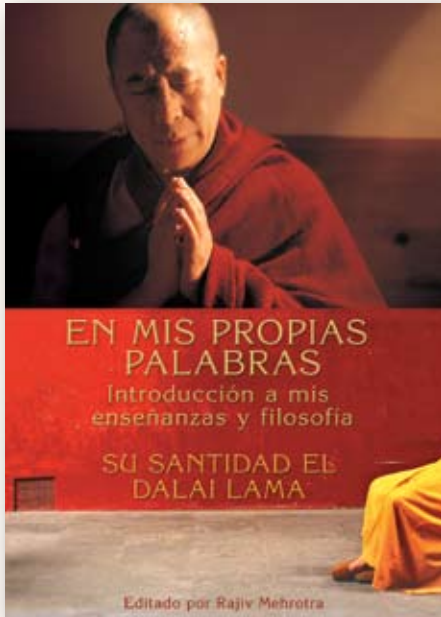
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**Steven D. Farmer, Ph.D.**, is a shamanic practitioner, ordained minister, and licensed psychotherapist. He's the author of the best-selling *Animal Spirit Guides*, the *Power Animal Oracle Cards*, *Power Animals*, *Sacred Ceremony*, and the guided meditation CD *Messages from Your Animal Spirit Guides*. Steven is also host of his own radio show, *The Shamanic Hotline* on **HayHouseRadio.com**®.

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## **En Mis Propias Palabras**

**Introducción a mis enseñanzas y filosofía**

**HIS HOLINESS THE DALAI LAMA**

**EDITED BY RAJIV MEHROTRA**

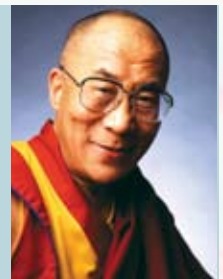
This fascinating book brings together extracts from some of **His Holiness The Dalai Lama's** most powerful writings and talks. As he explains the elements of the Buddha's teachings and the basic practices of meditation, he also engages and reconciles the innovations of modern science with Buddhist perspectives. Ultimately, His Holiness calls for the celebration of diversity and the recognition of interdependence that breeds a sense of Universal Responsibility—which must govern all of our relationships in this increasingly fragmented world.

Serving as the perfect introduction to the Dalai Lama's philosophy, both Buddhist and secular, *In My Own Words* is just the book for gleaning insights into the mind of one of the world's greatest spiritual icons.

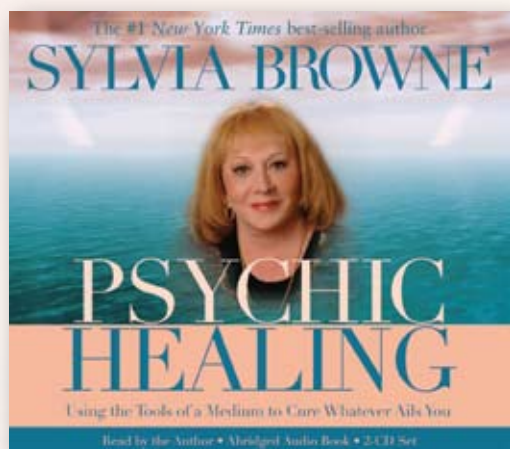
**His Holiness the Dalai Lama** (Tenzin Gyatso) is the 14th and current Dalai Lama. He was born on July 6, 1935. When he was two years old, he was proclaimed the *tulku* (rebirth) of the 13th Dalai Lama. At the age of 15, he was enthroned as Tibet's Head of State, as Tibet faced occupation by the forces of the People's Republic of China.

After the collapse of the Tibetan resistance movement in 1959, the Dalai Lama fled to India, where he was active in establishing the Central Tibetan Administration and in seeking to preserve Tibetan culture and education among the thousands of refugees who accompanied him.

His Holiness is the first Dalai Lama to travel to the West. There, he has helped spread Buddhism and promote the concepts of universal responsibility, secular ethics, and religious harmony. In 1989, he was awarded the Nobel Peace Prize for his distinguished writings and his leadership.



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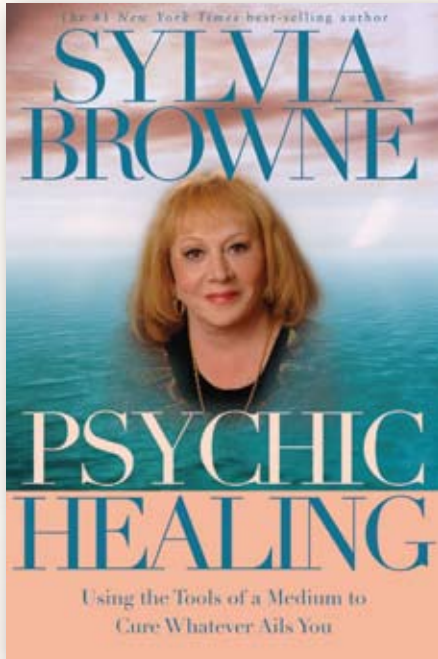
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## Psychic Healing

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SYLVIA BROWNE

**Sylvia Browne** now gives us a marvelous book on self-healing. Largely made up of actual research-trance transcripts from her guides, this book is a must for those who have chronic physical problems but who cannot find relief from conventional medicine. It's not meant to replace this type of treatment, though, but to augment it. Sylvia also discusses her innovative and proven methods of healing relating to cell memory and morphic resonance.

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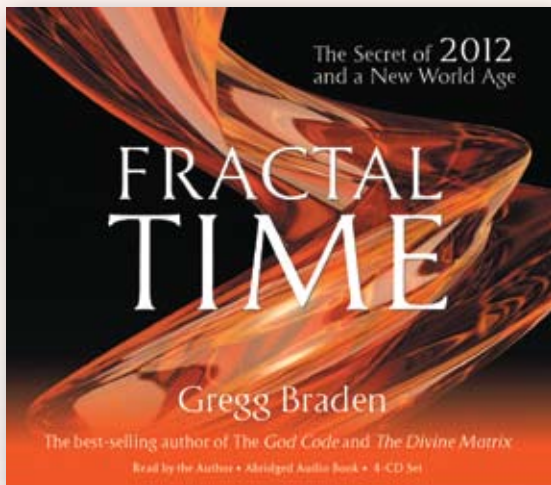
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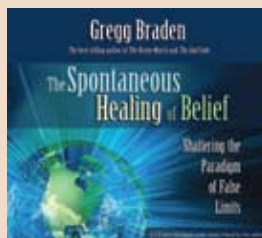
In a powerful style that’s easy to listen to, Gregg invites us to cross the traditional boundaries of science and spirituality for the answer to the question that must be asked: *What does fractal time tell us about our future?* In doing so, we discover the great secret of our moment in history, and what we can expect as the 5,000-year-cycle of the Mayan calendar ends in our lifetime.

New York Times best-selling author **Gregg Braden** is internationally renowned as a pioneer in bridging science and spirituality. For more than 20 years, he has searched high mountain villages, remote monasteries, and forgotten texts to uncover their timeless secrets. To date, his work has led to such paradigm-shattering books as *The Isaiah Effect*, *The God Code*, *Secrets of the Lost Mode of Prayer*, and *The Divine Matrix*. Gregg’s work is now published in 15 languages and 23 countries.

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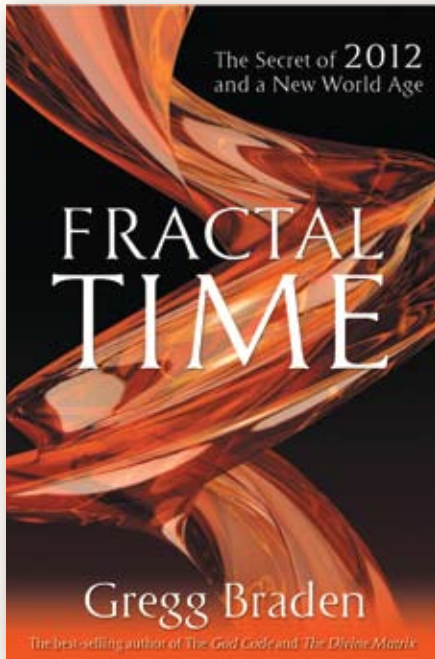
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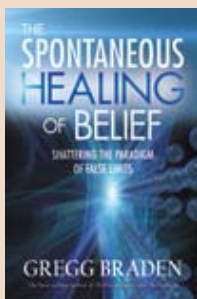
GREGG BRADEN

In his latest book, visionary scientist and best-selling author **Gregg Braden** merges two worldviews into a powerful new model of time. Applying the new “laws” of fractals to the ancient waves of time, he proposes that everything from the way we age, to our patterns of relationships and even the wars between nations are simply the returning waves of our past. As each wave returns, it carries a more powerful, amplified version of itself.

What makes this model so important today is that each wave also carries a window of opportunity—a *choice point*—that allows us to select a new outcome for the returning cycle. Gregg suggests that if we can see time from this perspective, then the past will show us what we can expect in our future, and perhaps how to heal the hurt from previous choices.

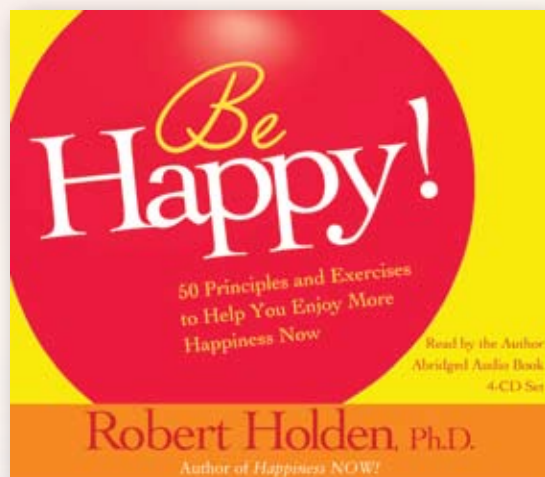
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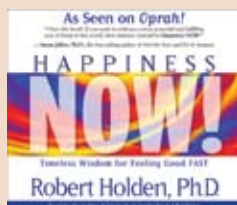
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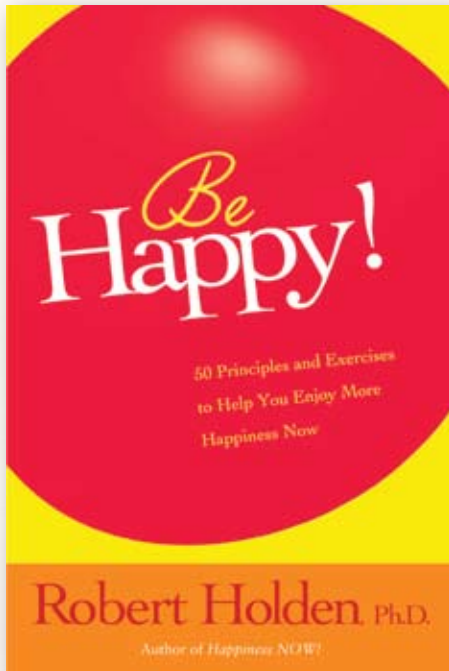


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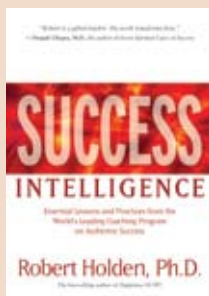
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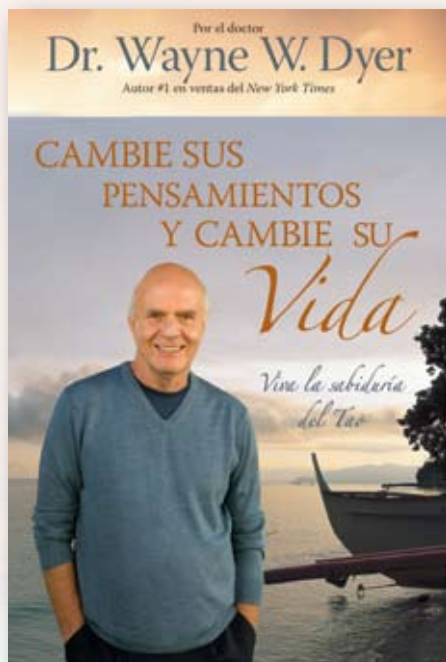


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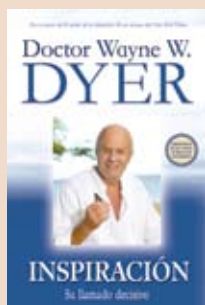


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Let this playbook be your personal guide to the territory of life-giving pleasure. And make sure that you use the space provided to write down and commit to your own personal-pleasure plan.

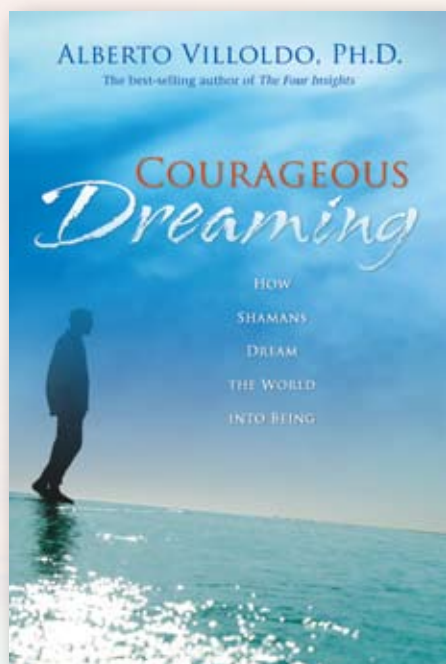
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**Christiane Northrup, M.D.**, a board-certified ob-gyn, is a visionary pioneer; beloved authority in women's health and wellness; and the author of the *New York Times* bestsellers *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*. Her third book, *Mother-Daughter Wisdom*, was voted Amazon's number one book of the year in both Parenting and Mind/Body Health in 2005. Following a 25-year career in both academic medicine and private practice, Christiane now devotes her time to helping women create vibrant health through tapping into their inner wisdom.



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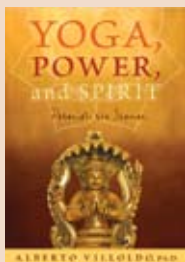
## Courageous Dreaming

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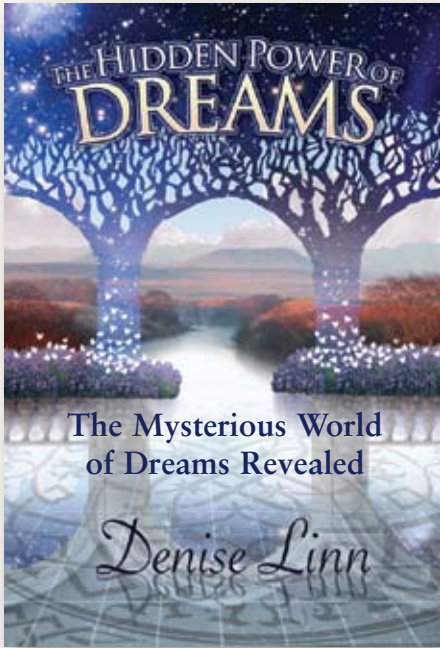
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**Alberto Villoldo, Ph.D.**, is a medical anthropologist who comes from a long line of Earthkeepers from the Amazon and the Andes. The author of numerous best-selling books, Alberto currently directs The Four Winds Society in Park City, Utah, where he trains people throughout the world in the practice of energy medicine and soul retrieval.

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## The Hidden Power of Dreams

### The Mysterious World of Dreams Revealed

DENISE LINN

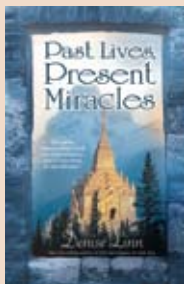
Best-selling author **Denise Linn** calls upon her native heritage and her knowledge of diverse cultures to present little-known information about the world of dreams. In this fascinating book, she brings you simple ways to utilize your nocturnal travels for spiritual transformation. Denise herself has journeyed into the space between two worlds through a near-death experience and has brought back invaluable perceptions that she shares within these pages.

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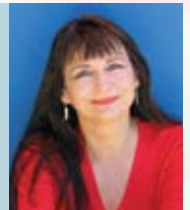
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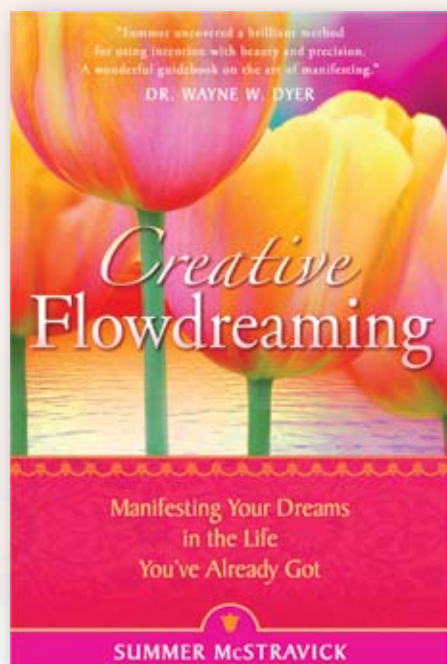


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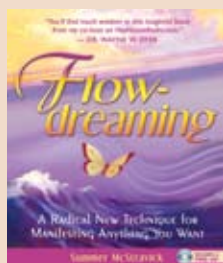
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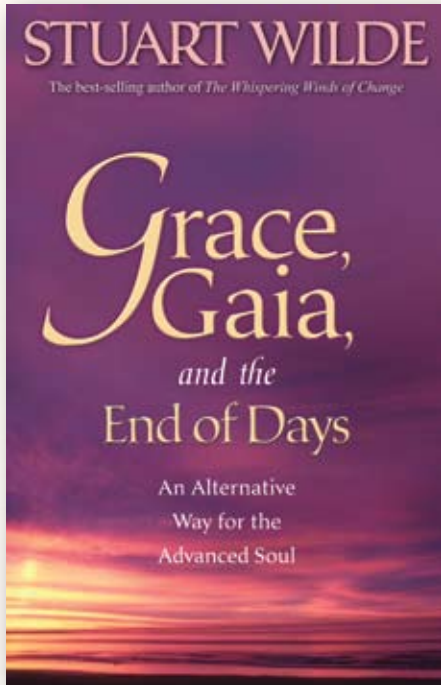
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**Summer McStravick**, the author of *Flowdreaming*, is the Network Producer/Programming Director for **HayHouseRadio.com**<sup>®</sup>, where she and Dr. Wayne W. Dyer co-host the weekly radio show *Dr. Wayne Dyer's Inspiration*. She also hosts her own show, *Flowdreaming*.

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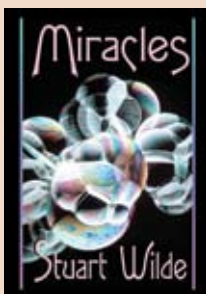
## Grace, Gaia, and the End of Days An Alternative Way for the Advanced Soul STUART WILDE

*"The divine wind of grace offers you hope and good fortune; it can cure everything. It can grant you an invisible protection, a miraculous healing; it can offer you visions through what I call 'pure information,' which is downloaded info that comes to you directly as visions, extrasensory perception, and dreams. Grace can carry you to dimensions and places of learning far beyond anything discovered by human beings before. Grace is pure love, a great gift, the Sacred Healer, but it is one that is poorly understood."*

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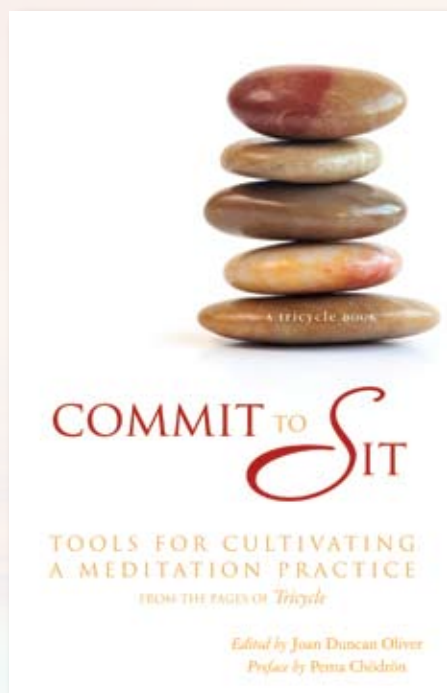
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Author and lecturer **Stuart Wilde** is an urban mystic, a modern visionary; he has written 17 books on consciousness and awareness, including the very successful Taos Quintet, which are considered classics in their genre. They are: *Miracles*, *Affirmations*, *The Force*, *The Quickening*, and *The Trick to Money Is Having Some!*

Stuart's perceptive and quirky way of writing has won him a loyal readership over the years. He has a simple way of explaining things that hitherto have seemed a mystery. His books have been translated into 15 languages.

Websites: [www.stuartwilde.com](http://www.stuartwilde.com) and  
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Tools for Cultivating a Meditation Practice from the Pages of *Tricycle*

EDITED BY JOAN DUNCAN OLIVER

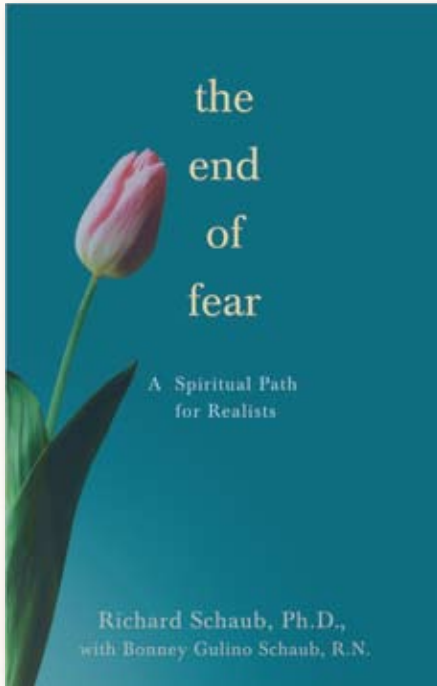
From the pages of *Tricycle*, the country's most widely read Buddhist magazine, comes *Commit to Sit*, an introduction to the art of meditation. In recent years, interest in meditation has grown to include not only those in spiritual search but also those who are working toward a healthy and meaningful life.

Learn about a range of meditative techniques that have appeared in the magazine, including *metta* (lovingkindness), *zazen*, and *tonglen*. Establish a daily practice with encouragement from our 28-day challenge. Discover the crucial role the body plays in meditation, and receive guidance on managing issues that arise in daily practice. Contributors include some of the foremost voices in contemporary Buddhism: Pema Chödrön, Lama Surya Das, Sharon Salzberg, Joseph Goldstein, Sylvia Boorstein, Martine Batchelor, Judith Simmer-Brown, S.N. Goenka, Reginald Ray, Wes Nisker, Cyndi Lee, Jon Kabat-Zinn, Christina Feldman, Matthieu Ricard, Pat Enkyo O'Hara, Thubten Chodron, Sayadaw U Tejaniya, Michael Carroll, and others.

Though targeted to the reader who would like to begin meditating, this collection also offers support to the experienced meditator. This is a guide to meditative practice for anyone wishing to deepen their understanding of themselves and their world.

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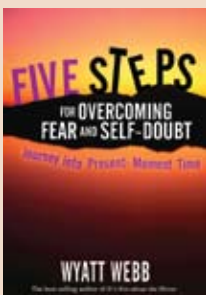
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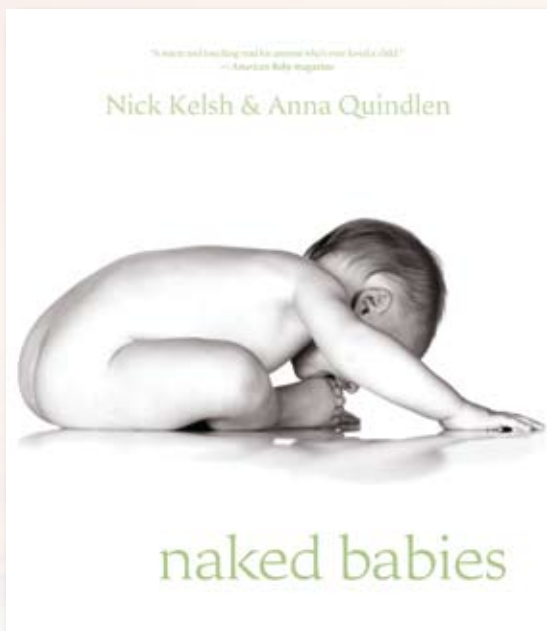
RICHARD SCHAUB, Ph.D.,  
 WITH BONNEY GULINO SCHAUB, R.N.

Why are we afraid? Why do we dwell on worst-case scenarios, lie awake in anxiety's grip, and react to minor mishaps as though they threaten our very survival? In *The End of Fear*, Richard and Bonney Schaub explore the origin of fear and posit that the root of fear is "the love of life." They claim that fear engulfs us because we know that life is unpredictable and that we are all ultimately vulnerable; we risk change and loss at every moment. No special religion grants any exemption, and no amount of money or status can change this fact of life.

Using examples from their lives and those of their patients, the Schaubes draw upon their 30 years of experience as psychotherapists to lay out a plan that will help you change your perspective and transform fear. Once you stop fleeing it or fighting it and face it with compassion, you'll be free to realize more and more fully your potential for peace, joy, and love.

**Richard Schaub, Ph.D.,** and **Bonney Schaub, R.N.,** each have more than thirty years of experience as psychotherapists and teachers of meditation and holistic psychology. Together they are co-founders and co-directors of the New York Psychosynthesis Institute and are on the faculty of the Italian Society for Psychosynthesis Therapy in Florence. They lead seminars for both professional and general audiences, and they have now established The Dante School, a center for meditation and self-development. They are also authors of the well-received *Dante's Path* (featured in Oprah's "O" magazine and her book, *Live Your Best Life*).





March 2009

USA \$19.95 • CAN \$20.95 • UK £12.99

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**Rights:** World English

## Naked Babies

NICK KELSH & ANNA QUINDLEN

In this book, **Nick Kelsh** and **Anna Quindlen** collaborate to produce a unique view of babies—one that owes nothing to tradition, sentimentality, or the cult of the cute. Unlike traditional baby photographs, Nick Kelsh's amazing black-and-white pictures focus on specific aspects of babies—the perfection of a hand, the swirls of a cowlick, the smoothness of skin on the neck—and all are honest, exquisite, and invitingly tactile.

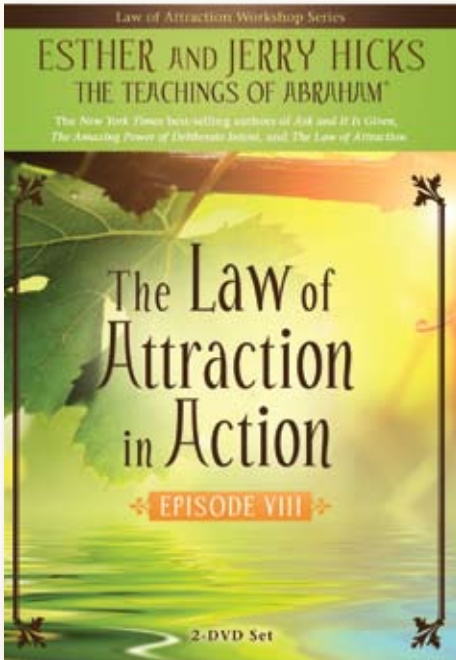
Anna Quindlen's essays are as graceful, snappy, perceptive, and personal as anything she has ever written. They muse on what it is about babies that causes our hearts to crinkle and fold: "The meaning of life is in them."

Kelsh's photographs and Quindlen's text complement each other perfectly. Two masters of their craft have created an unusual meditation and wondrous book—a totally original gift for every parent or parent-to-be.

**Nick Kelsh** is the second of five children born to Joyce and Carroll Kelsh of Fargo, North Dakota. He learned about f-stops and shutter speeds on the Leica his father brought home from World War II. He is the author and/or photographer of nine books, including *How to Photograph Your Baby*. A partner in the communications firm Kelsh Wilson Design, he lives in Philadelphia with his wife, Anne; and their sons, Alexander and Teddy. Kelsh showed no apparent special talent as a baby.



**Anna Quindlen** was born in Philadelphia in 1952, the first of five children of Prudence and Robert V. Quindlen. She was an exceptionally large baby with a full head of hair. In the years since, she has had three large babies of her own, worked for *The New York Times*, won the Pulitzer Prize, and written five books, including the best-selling novels *Object Lessons* and *One True Thing*. She lives in Hoboken, New Jersey; and Cherry Valley, Pennsylvania; with her husband, Gerald Krovatin; and their children Quindlen, Christopher, and Maria Krovatin.



March 2009  
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## The Law of Attraction in Action, Episode VIII

ESTHER AND JERRY HICKS

"WOW!" begins the very first Hot Seat guest. "Phoenix is where it all started," says Jerry. "THIS is where we first met Abraham!"

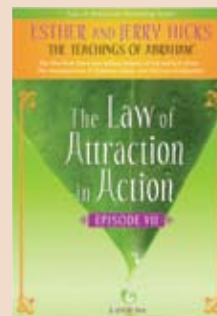
Episode VIII topics include: fear of being sad, trying to help others, weight loss, parenting an autistic child, breaking the cycle of drama, relationship breakup issues, home birth versus hospital birth, advice for suicide hotline operators, and a detailed look at the idea of unconditional love—"I love you so much I don't care what you think!"

Recent review snippets include:

"It's so great to see Esther, Jerry, and Abraham interacting with fellow creators on video at these workshops. You will normally get a sense of peace inside just listening to Abraham. That peaceful feeling is amplified even more once you see them on video, and I'm sure many times more in person."

"I loved this DVD set! It was validating and inspiring . . . gave me a much more in-depth understanding of how to put the Law of Attraction into practice. I wish I had been there at the conference! I find the Hicks's work the most substantial source on the Law of Attraction."

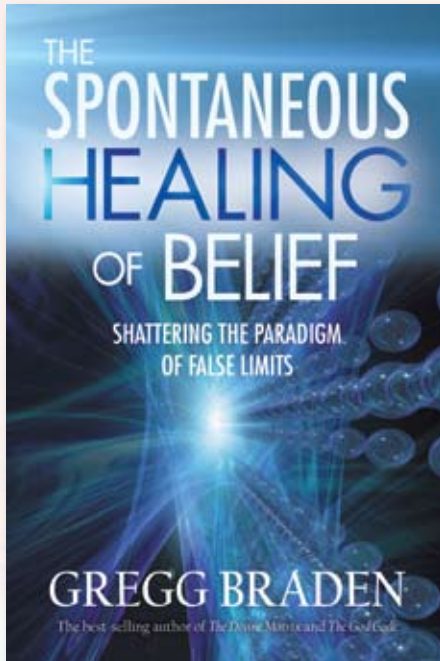
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Esther and Jerry Hicks  
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## The Spontaneous Healing of Belief Shattering the Paradigm of False Limits GREGG BRADEN

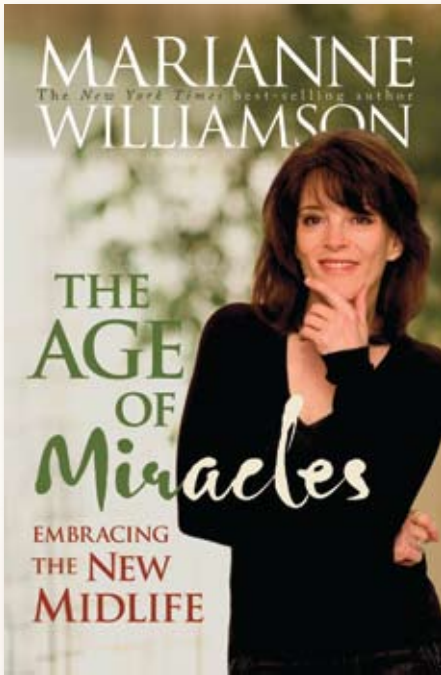
For us to change the beliefs that have led to war, disease, and the failed careers and relationships of our past, we need a reason to see things differently. Our ancestors used miracles to change what they believed. Today we use science. *The Spontaneous Healing of Belief* offers us both: the miracles that open the door to a powerful new way of seeing the world, and the science that tells us why the miracles are possible, revealing:

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Once we become aware of the paradigm-shattering discoveries and true-life miracles, we must think of ourselves differently. The key to unleashing the power of our Reality Code is to understand what belief is, and how it works.

For more than 20 years, **Gregg Braden**, a former senior aerospace computer systems designer, has searched for the understanding to do just that. Join Gregg as he shares what he's found and invites us to live beyond the paradigm of false limits!

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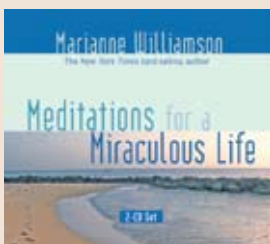
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In our ability to rethink our lives lies our greatest power to change them. What we have called "middle age" need not be seen as a turning point toward death. It can be viewed as a magical turning point toward life as we've never known it, if we allow ourselves the power of an independent imagination—thought-forms that don't flow in a perfunctory manner from ancient assumptions merely handed down to us, but rather flower into new archetypal images of a humanity just getting started at 45 or 50.

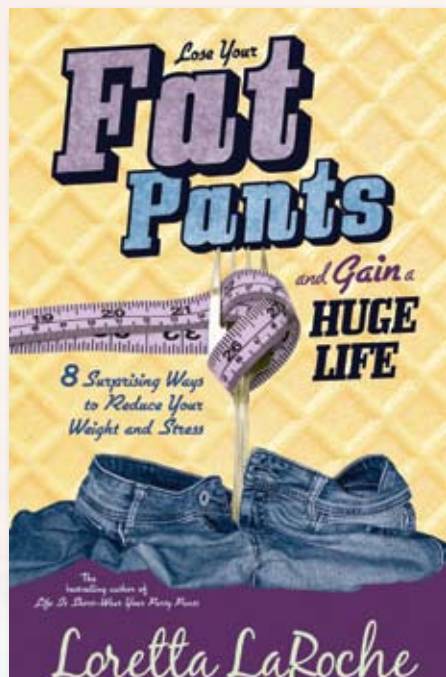
Midlife is not a crisis; it's a time of rebirth. It's not a time to accept your death; it's a time to accept your life—and to finally, truly live it, as you and you alone know deep in your heart it was meant to be lived.

**Marianne Williamson** is an internationally acclaimed lecturer and the best-selling author of *A Return to Love*, *The Healing of America*, *A Woman's Worth*, and *Illuminata*, among other works.

Williamson has done extensive charitable organizing throughout the country in service to people with life-challenging illnesses (she founded Project Angel Food in Los Angeles); and is the founder of The Peace Alliance, a nonprofit grassroots organization dedicated to fostering a culture of peace.

Website: [www.marianne.com](http://www.marianne.com)





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## Lose Your Fat Pants and Gain a Huge Life

### 8 Surprising Ways to Reduce Your Weight and Stress

LORETTA LAROCHE

**Loretta LaRoche** is sick to death of diets and diet books. Not a day goes by without an article appearing in the media that reveals some food that could be harmful or helpful to our health. Food has become either demonic or divine. We've forgotten how to be in "right relationship" with one of the greatest pleasures we have in life: eating. As a result, we're fatter than ever and more stressed out about being fat!

In this humorous and informative book, Loretta cuts through the nonsense, disclosing the wisdom she has accumulated from "having gained and lost a tribe of people." She also shares her expertise as an international stress consultant, former aerobics instructor, and owner of a wellness center. Her eight surprising secrets for reducing weight and stress might surprise you as she leads you down the path of learning to eat well, move with joy, and live a more balanced life. Her greatest promise is that you will get into shape . . . and have fun while you're doing it!



**Loretta LaRoche**, the best-selling author of *Life Is Short—Wear Your Party Pants* and *Squeeze the Day*, among other works, is a stress-management consultant who advocates humor, optimism, and resiliency as coping mechanisms. She uses her wit and wisdom to help people learn how to take stress and turn it into strength, and how to see themselves as the survivors of their own lives—that is, to find the "bless in the mess."

Loretta is a favorite with viewers of her six PBS specials, as well as on the lecture circuit, where she presents an average of 100 talks per year. She lives in Plymouth, Massachusetts.

Website: [www.LorettaLaroche.com](http://www.LorettaLaroche.com)



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## If It Were Easy, Everybody and Their Mama Could Do It

### 31 Days to Overcoming Tough Times

JUDGE GLENDA HATCHETT

This book is filled with smart, positive, easy-to-implement ideas encompassing numerous topics—including all types of relationships; romance; career issues; self-care; mind-boggling parenting issues; teenage traumas; finding one's passion; and living a healthy, spiritual life filled with purpose. **Judge Glenda Hatchett** discusses her experiences growing up in the Deep South; her life on the bench dealing with tough, seemingly unsolvable family cases; as well as lessons she's culled from her experiences so far. *This is real advice for real people!* The title of the book stems from what Judge Hatchett's great-aunt told her years ago: "Glenda," she said, "I know certain things in life can be very hard at times, but don't whine and don't complain. If it were easy, everybody and their mama could do it."

This book combines life sense *and* common sense. As Judge Hatchett says, "I know that common sense isn't so common anymore, but we can still base our lives on some very simple wisdom that has proven trustworthy for the ages. If you combine common sense with the lessons I've learned that help me as a judge, you have a winning plan for tackling any issue or problem. The only verdict then is simple: *You will win!*"

A visionary who knows how to get results, **Judge Glenda A. Hatchett** is renowned in the legal community for her groundbreaking courtroom style. After graduating from Emory University School of Law and clerking in the U.S. federal courts, she took a position at Delta Air Lines and was named one of the "100 Best and Brightest Women in Corporate America" by *Ebony* magazine. When she accepted an appointment in the Fulton County Juvenile Court, Judge Hatchett became the first African-American chief presiding judge of a state court in Georgia and worked tirelessly during her eight-year tenure to make a difference in the lives of young people.

She is the author of the bestseller *Say What You Mean and Mean What You Say!* and presides over legal cases in her award-winning nationally syndicated TV series, *Judge Hatchett*.

Website: [www.glendahatchett.com](http://www.glendahatchett.com)



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## Conexiones Espirituales

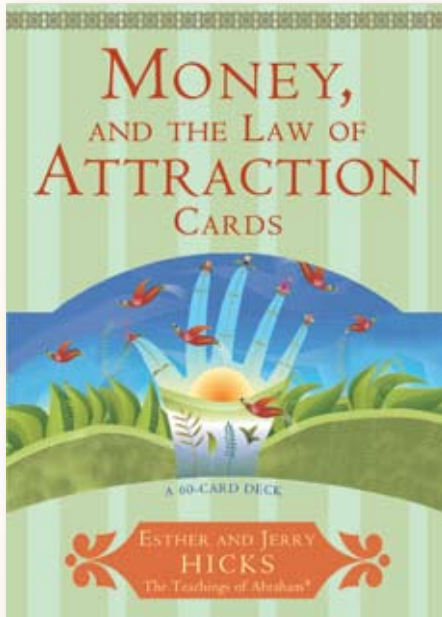
**Cómo encontrar la espiritualidad a través  
 de todas las relaciones en su vida**

**SYLVIA BROWNE**

In this fascinating and helpful book, internationally renowned psychic **Sylvia Browne** examines why we form connections with certain individuals . . . for better or worse. From the lifelong comfort of a loving marriage to the agony of a brief encounter that ends in heartbreak, she reveals why we have joyful and happy relationships on the one hand, and chaotic and painful ones on the other.

Sylvia takes us on a remarkable excursion that covers all the different types of relationships we'll experience in life. From childhood to our golden years, she helps us see why we form both beneficial and challenging unions; and she also explores how the themes and charts of our lives can interact with those of others in both positive and negative ways—creating situations that can nurture us for years or doom us to disaster.

Sylvia enables us to come to a true understanding of why we're attracted to some people and turned off by others. By utilizing her marvelous insights, we can all learn how to find spirituality in every connection we make (and separate the wheat from the chaff) in order to live happier and more fulfilling lives.



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## Money, and the Law of Attraction Cards

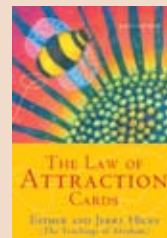
ESTHER AND JERRY HICKS  
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"While money is not absolutely essential to your experience, to most people, money and freedom are synonymous. And since an intense awareness of your right to be free is at the very core of that which you are, it follows, therefore, that your relationship with money is one of the most important subjects of your life experience. And so, it is no wonder that you have such strong feelings about the subject of money.

"It is our expectation that as you ponder these cards every day, a new point of attraction will begin to be activated within you, bringing not only more money into your experience, but evidence of your absolute freedom as well."

– Abraham

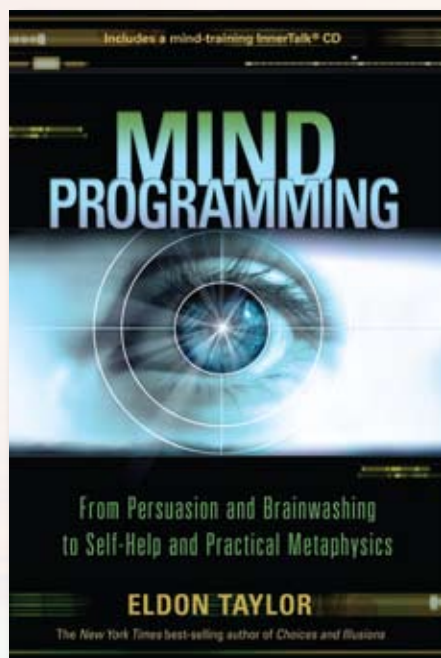
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### Choices and Illusions

Eldon Taylor

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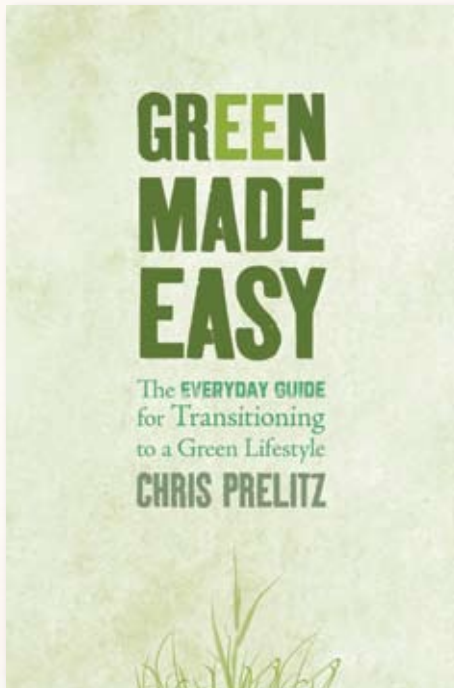
**Eldon Taylor**, the best-selling author of *Choices and Illusions*, has made a lifelong study of the human mind and has earned doctoral degrees in psychology and metaphysics.

He is a diplomate with the American Psychotherapy Association (APA) and a nondenominational minister. He was a practicing criminalist for over ten years while completing his education and is now president and director of Progressive Awareness Research, Inc. For more than 20 years, his books, tapes, lectures, and radio and television appearances have approached personal empowerment from the cornerstone perspective of forgiveness, gratitude, and respect for all life.

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## Green Made Easy

### The Everyday Guide for Transitioning to a Green Lifestyle

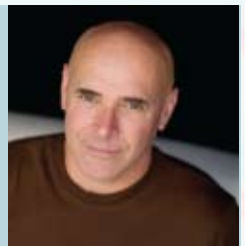
**CHRIS PRELITZ**

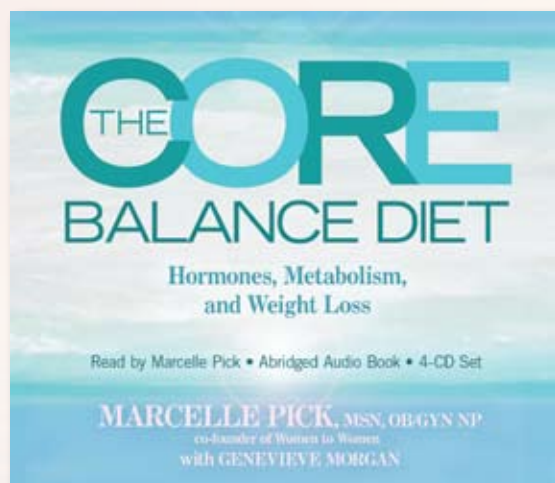
*Green Made Easy* is a simple-to-use guidebook offering tips on how you can make the transition toward a healthy green lifestyle one step at a time. **Chris Prelitz** has been passionately committed to green living and sustainability for more than 25 years. He and his wife, Becky, share a green solar-powered home in Laguna Beach, California, which Chris designed and built. Most months they produce more energy than they use and receive a credit from their power company instead of a bill. In his writing, Chris shares personal experiences, lessons learned, and reflections that humorously touch the heart and inspire the spirit. The chapter on "Green Myth Busting" will sway even the most cynical person toward better eco-choices that will also save money.

Chris says, "We are rediscovering that it is so much healthier, more lucrative financially, and better for every living thing to transition away from wasteful, polluting technologies and make choices that work in harmony with nature."

*Green Made Easy* is written in a friend-to-friend, conversational style and examines our daily lives from personal care and cosmetics to water catchment and solar systems. The book will delight and inspire any and all who dream of making a difference and who wish to create a thriving, healthy future for generations to come.

**Chris Prelitz** is the son of an ocean and aerospace engineer father and a mother of Native American descent who grew up on a rural farm. Raised in the midst of these two extreme views of life provided Chris with an appreciation for both high-tech and simple indigenous principles that have stood the test of time, yet have been mostly forgotten. Chris is a pioneer of the green movement, heading a successful design-build firm with projects ranging from off-grid solar ranches to the first solar-powered restaurant and solar auto dealership in the U.S. He has served on environmental advisory boards at city, state, and national levels. Chris now touches audiences globally with his uplifting green message, appearing regularly in the print and broadcast media, including the premier episode of the Discovery Channel's *Greenovate* show.





April 2009

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## The Core Balance Diet

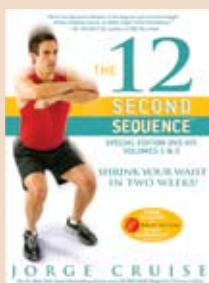
Hormones, Metabolism,  
and Weight Loss

MARCELLE PICK, MSN, OB/GYN NP,  
WITH GENEVIEVE MORGAN

From the co-founder of Women to Women, one of the first clinics in the country devoted to providing health care for women by women, comes a new way to look at weight loss: *The Core Balance Diet*. Pick draws upon decades of experience to solve the mystery of stubborn, frustrating weight gain. This breakthrough program is rooted in cutting-edge nutritional science that explores the relationship between women's hormones, metabolism, and weight gain. Pick connects the dots between self-knowledge, self-care, and weight loss, extending the concept of body-mind-spirit to demonstrate why and how a woman's biography becomes her biology.

Simple quizzes and explanations will help you self-diagnose which one of six major biochemical imbalances may be preventing you from losing weight. With nutritional information, step-by-step eating and action plans, supplement recommendations, tips for success, and simple recipes, Pick guides you through easy, customized lifestyle and diet changes to heal your imbalance. Throughout, you will learn how to begin living in a manner that encourages optimum health and weight loss for life—without deprivation and stringent dieting rules.

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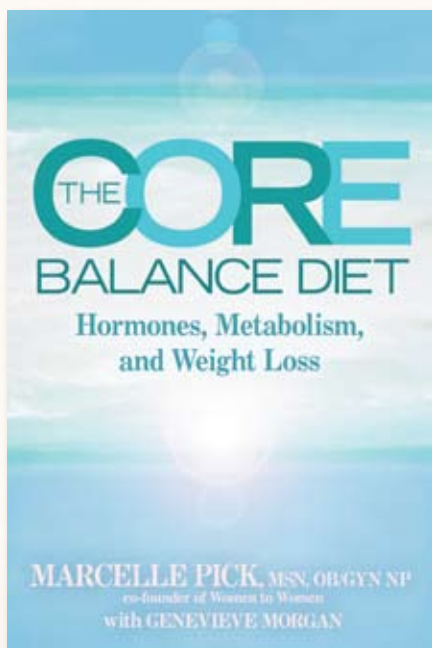
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## The Core Balance Diet

Hormones, Metabolism, and Weight Loss

MARCELLE PICK, MSN, OB/GYN NP,  
 WITH GENEVIEVE MORGAN

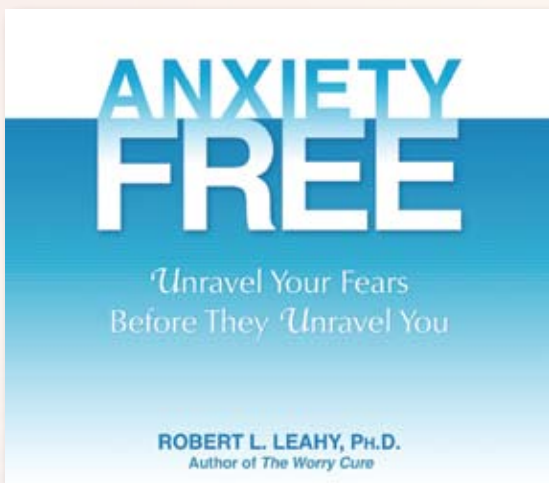
From the co-founder of Women to Women, one of the first clinics in the country devoted to providing health care for women by women, comes a new way to look at weight loss: *The Core Balance Diet*. Pick draws upon decades of experience to solve the mystery of stubborn, frustrating weight gain. This breakthrough program is rooted in cutting-edge nutritional science that explores the relationship between women's hormones, metabolism, and weight gain. Pick connects the dots between self-knowledge, self-care, and weight loss, extending the concept of body-mind-spirit to demonstrate why and how a woman's biography becomes her biology.

Simple quizzes and explanations will help you self-diagnose which one of six major biochemical imbalances may be preventing you from losing weight. With nutritional information, step-by-step eating and action plans, supplement recommendations, tips for success, and simple recipes, Pick guides you through easy, customized lifestyle and diet changes to heal your imbalance. Throughout, you will learn how to begin living in a manner that encourages optimum health and weight loss for life—without deprivation and stringent dieting rules

**Marcelle Pick, MSN, OB/GYN NP**, co-founded Women to Women with a vision to change women's healthcare. The clinic pioneered the combination of alternative and conventional medicine, using a holistic approach that not only treats illness but also helps women make life choices to prevent disease. Women to Women continues seeing thousands of women from around the world each year.

Marcelle Pick earned a B.S. in Nursing and a B.A. in Psychology from the University of New Hampshire and a M.S. in Nursing from Boston College—Harvard Medical School. Certified as nurse practitioner for both OB/GYN and pediatrics, Pick has served as medical advisor to *Healthy Living Magazine*, lectured on a variety of topics, and appears regularly on television to discuss women's health.





April 2009

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## Anxiety Free

Unravel Your Fears Before They Unravel You

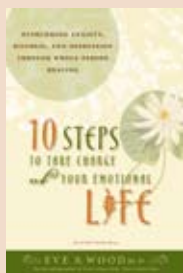
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On this CD program, **Robert L. Leahy, Ph.D.**, author of the best-selling book *The Worry Cure*, turns his attention to anxiety. He looks at the origin of anxiety and teaches you how to outsmart your fears for a less stressful life. He lays out the symptoms associated with some of the most common anxiety disorders, including panic and agoraphobia, obsessive-compulsive, generalized anxiety, social anxiety, and post-traumatic stress, and provides simple, step-by-step guides to help you overcome the fears associated with each of these.

*Anxiety Free* explores how our unconscious beliefs, which are a product of the evolutionary process, keep us in the grip of anxiety. For each anxiety disorder, Leahy shows how our fears and unchallenged assumptions stand in the way of our freedom.

Using Leahy's methods, which are based on the best psychological treatments available, you will be able to work toward a life free from the apprehension, tension, and avoidance associated with anxiety.

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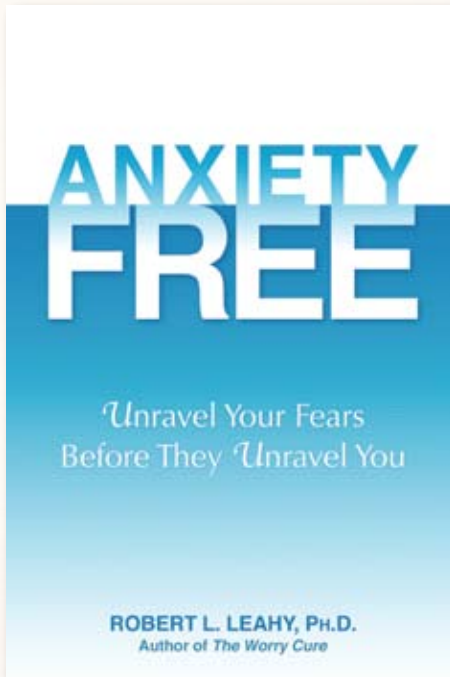
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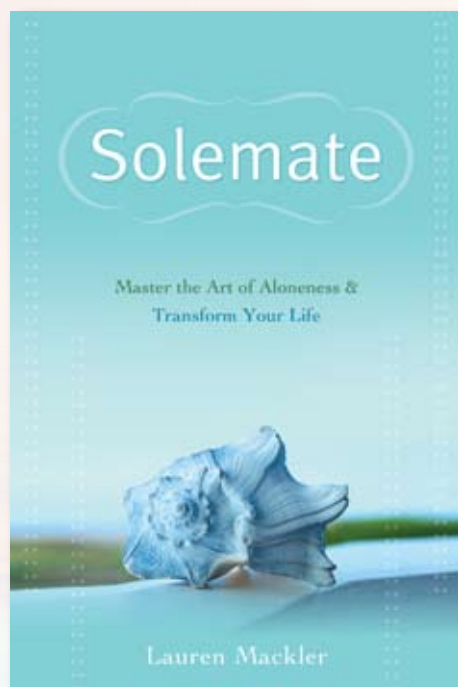
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**Rights:** World English

**Robert L. Leahy, Ph.D.**, is recognized worldwide as one of the most respected writers and speakers on cognitive therapy. He holds a number of high-ranking positions in his field, including director of the American Institute for Cognitive Therapy, president of the International Association of Cognitive Psychotherapy, and president of the Academy of Cognitive Therapy, as well as editor of *Cognitive Behavior Therapy Book Reviews*. He is the author and editor of 15 books, including the bestseller *The Worry Cure*, and has been featured in *The New York Times Sunday Magazine*, *Forbes*, *Fortune*, *Newsweek*, *Psychology Today*, *The Washington Post*, *Redbook*, *Shape*, *First for Women*, *Women's Health*, *Self Magazine*, and *USA Today Magazine*. He has also appeared on national and local radio and television, including *20/20*, *Good Morning America*, and *The Early Show*.



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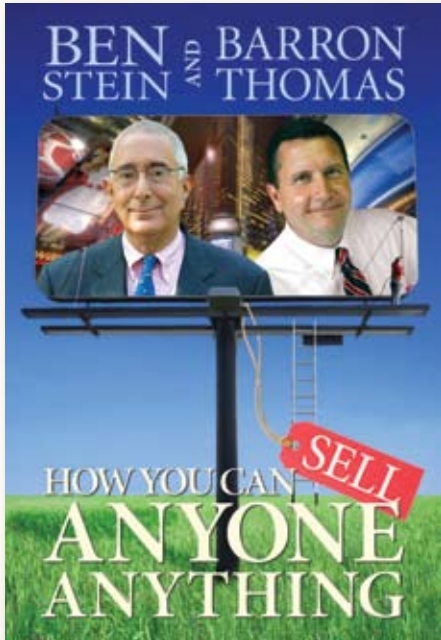
**LAUREN MACKLER**

In *Solemate*, **Lauren Mackler** provides a groundbreaking road map to help people achieve mastery of their lives. Drawing from her own experiences; those of her clients; and the fields of psychology, physiology, sociology, holistic healing, and strategic business practices, Mackler provides the practical information, tools, and exercises to show you how to be independent and stand on your own two feet. Mastering the art of aloneness is about becoming the person you were meant to be, treating yourself well, and shedding the old beliefs and behaviors that limit your ability to live a healthy, happy, secure, and satisfying life.

Quizzes and guided journaling help you identify the core limiting beliefs and fears that keep you from being whole and happy with yourself. Mackler teaches you to overcome these beliefs through deliberate living exercises that help align your actions with your desired results. She then helps you liberate your authentic self, so you know exactly who you are. Finally, she leads you through the process of creating a life vision to help you achieve any goal you set for yourself. *Solemate* is not about being alone; it is about developing the self-awareness, life skills, and emotional intelligence needed to live a full, happy, successful, and financially secure life.

**Lauren Mackler** is a renowned coach, teacher, speaker, and writer. In 2001, she founded Lauren Mackler & Associates (LMA), a coaching firm that helps clients induce and sustain transformative changes in themselves, their personal lives, their work, and their relationships. She is the fellow author of *Speaking of Success* with Jack Canfield, Stephen Covey, and Ken Blanchard. As a keynote speaker, teacher, and professional trainer, Mackler has designed and presented programs to Fortune 500 companies, professional associations, universities, and educational conferences. She has been a guest lecturer at Brandeis University and an adjunct faculty member at Northeastern University. Mackler is frequently interviewed by the media regarding her work and is a popular radio and TV talk-show guest.





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BEN STEIN AND BARRON THOMAS



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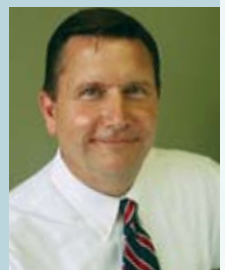
**Marketing:** National TV, Radio, Print and Internet Advertising. Appears weekly in Sunday *New York Times* Business Section.

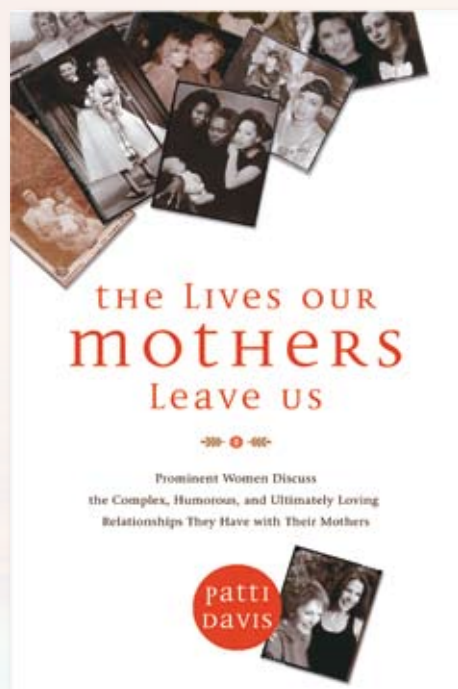
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**Ben Stein** can be seen talking about finance on Fox TV news every week and writing about it regularly in *The New York Times* Sunday Business section. He has written about finance for *Barron's* and *The Wall Street Journal* for decades. He was one of the chief busters of the junk-bond frauds of the 1980s, has been a longtime critic of corporate executives' self-dealing, and has co-written nine self-help books about personal finance. He frequently travels the country speaking about finance in both serious and humorous ways, and is a regular contributor to the *CBS News Sunday Morning* and Fox News Network.

Website: [www.benstein.com](http://www.benstein.com)

**Barron Thomas** is a regular writer for *Square Foot Magazine*, a real estate monthly; and *Plane & Pilot*, a national aviation magazine. He is a well-known top salesman of private planes and commercial real estate, and has appeared on *Oprah Winfrey* and the *CBS Evening News*. Barron began actively selling private planes at age 16 and knows that a successful salesman can be any age, young or old, male or female. He is the founder of Barron Thomas Scottsdale LLC, has over 3,000 clients in 33 countries around the world, and knows how to sell in booming markets as well as in a recession.





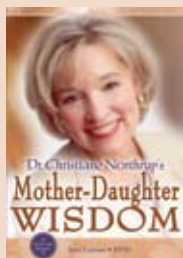
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**Patti Davis** is the author of seven books, including *Bondage*, *The Long Goodbye*, and *Two Cats and the Woman They Own*. She is the daughter of Ronald and Nancy Reagan.

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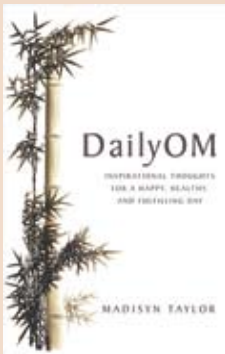
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## Waiting for Autumn

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With Robert and the sleepy black lab Puppy Don at his side, Scott embarks on a spiritual awakening and attempts to heal his past while confronting the spirit of his dead fiancée, learning the power of nature, exploring the spirit plane, and discovering the true nature of the universe.

On this unique journey of self-discovery, various healing and spiritual modalities are revealed, including shamanic soul retrieval, ancestral healing, harnessing of lunar energy, conscious cooking, kirtan, manifesting, and lightworking. This easy-to-read book is a charming and affecting story of one humble soul's profound awakening on the path to facing an extraordinary dilemma between his spiritual calling and earthly life purpose.



**Scott Blum** is the co-founder of the popular inspirational Website **DailyOM.com**. He is also a successful multimedia artist who has collaborated with several popular authors, musicians, and visual artists and has produced many critically acclaimed works, including a series featuring ancient meditation music from around the world. Scott lives in the mountains of Ashland, Oregon, with his wife, business partner, and soul mate, Madisyn Taylor.

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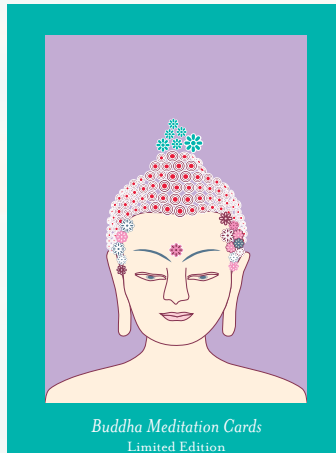
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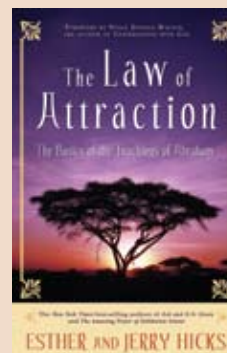
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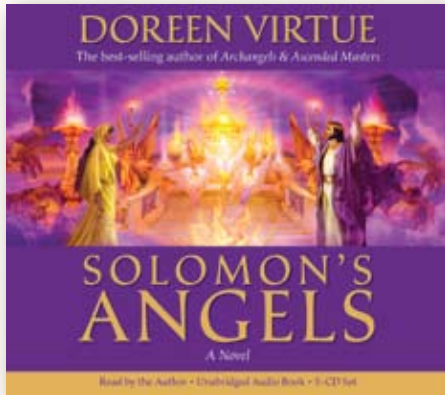
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**Tavis Smiley** is the first American to have signature talk shows on both public television (PBS) and public radio (PRI). Tavis has authored nine books, including *On Air* and *Keeping the Faith*. He's also the founder of the Tavis Smiley Foundation.

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## Solomon's Angels

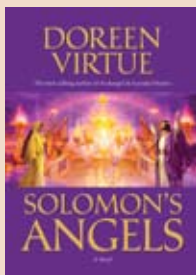
**DOREEN VIRTUE**

King Solomon knew how to harness universal energies to build his temple, tap into wisdom, and enjoy all of life's riches. The only thing he was missing was true love. Makeda, the Queen of Sheba, was young and filled with exuberant curiosity about the world. On her journey to meet King Solomon, Makeda learned about the Jinn elemental realm and how to work with the sun and moon's magical light, but she still wasn't sure how to take charge of her own life.

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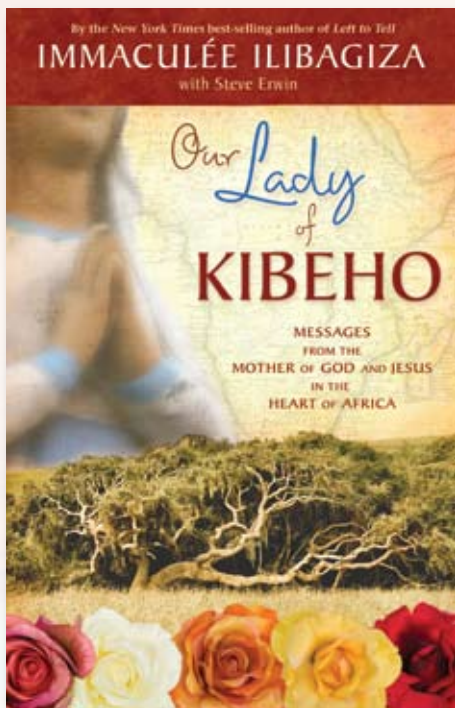
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While some discounted the apparitions as a hoax, doctors, psychologists, and scientists agreed that what happened in Kibeho could not be explained by modern science. After two decades of rigorous investigation, the Vatican authenticated the visions in 2001. *Our Lady of Kibeho* became the first and only Marian (related to the Virgin Mary) site in all of Africa. But the story of Kibeho remains largely unknown. **Immaculée Ilibagiza** has changed that with *Our Lady of Kibeho*. She made many pilgrimages to Kibeho both before and after the genocide, personally witnessed true miracles, and spoke with a number of the visionaries themselves. Her deeply personal and moving story is certain to touch the hearts of thousands and help spread the messages of love, hope, and peace delivered by the Holy Mother and Jesus in Kibeho throughout the world.

**Immaculée Ilibagiza** was born in Rwanda and studied electronic and mechanical engineering at the National University. She lost most of her family during the 1994 genocide. Four years later, she emigrated to the United States and began working for the United Nations in New York City. In 2007, she established the Left to Tell Charitable Fund, which helps support Rwandan orphans.



**Steve Erwin** is a writer and award-winning journalist working in the print and broadcast media. Most recently, he was a foreign correspondent for the Canadian Broadcasting Corporation. He lives in Manhattan with his wife, journalist Natasha Stoyneff.



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# Hay House Events Affiliate Program

Together, we can help people improve the quality of their lives.

Hay House's Events Affiliate Program is a fast and easy way to add e-commerce to your Website and start generating revenue. If you have a Website, you can join Hay House's Events Affiliate Program and earn money by promoting Hay House events on your Website. After you're approved as an affiliate, simply use the links and banners provided to send people to the Hay House Events Website. You can use the trackable links in your text links, banners, e-mail, or anything else to let your customers know about the events you're promoting. Every year Hay House sponsors dozens of events across the United States with tickets ranging in price from \$50 to \$450 and you can earn up to \$90 per ticket sale as an affiliate! Each time a visitor you referred to the Hay House Events Website purchases event tickets within 30 days, you'll earn a 20% commission! Hay House fulfills ALL ticket orders. And, it's absolutely FREE.

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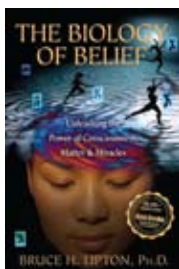
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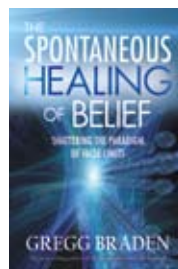
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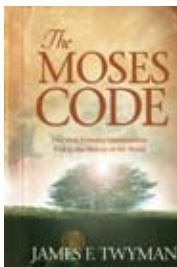
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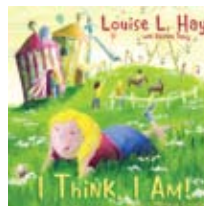
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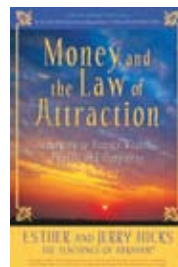
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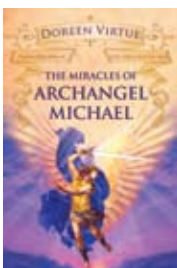
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